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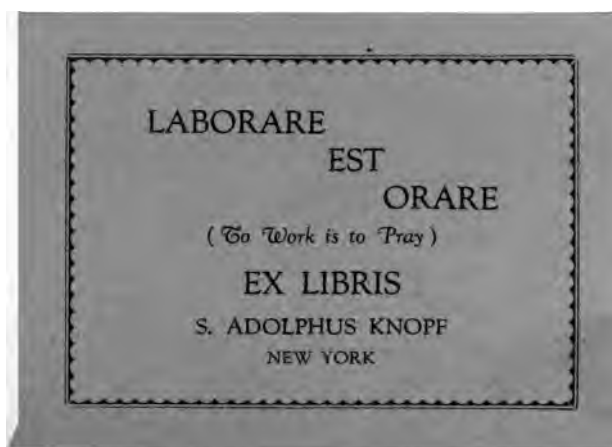
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IN HARMONY WITH LIFE

FROM NATURE FORWARD

By HARRIET DOAN PRENTISS

A Book which reveals the true science
of right living

Deserving a place in every library, and an appropriate gift for any occasion, beautifully bound in rich leather, with gilt lettering

Mrs. Jean A. Hughes, mother of Rupert Hughes:

"I have read 'From Nature Forward' through and am reading it over and over again. It is like the Bible: ever new. You have written it so beautifully, so full of the Divine teachings, truly it is inspired."

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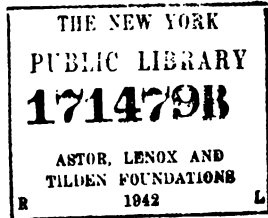
BY
HARRIET DOAN PRENTISS

AUTHOR OF
"FROM NATURE FORWARD"



PHILADELPHIA AND LONDON
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1922



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TO MY MOTHER

**WHOSE EXAMPLE AND INFLUENCE
HAVE INSPIRED EVERY WORTHY
EFFORT OF MY LIFE**

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THE GOAL

I

MAN'S POSSIBILITIES

SO FAR as we have any record humanity has continued its pursuit for some missing link to the completion of its finer development, its security, and peace of mind.

Various beliefs and diverse religious creeds have been offered in abundance, but the search goes on and many persons are stranded without a rudder to steer them into a port of refuge where their deeper aspirations can be realized and their heart longings appeased.

Pioneers in the field of research have diligently expended their energies in promoting ideas that would both satisfy the craving heart and form a firm foundation as a basis for their theories; but too frequently as one begins to lean upon it the platform sinks and one falls with the wreckage. Thus the struggle continues from one conception to another, with meager satisfaction achieved in the pursuit of happiness.

IN HARMONY WITH LIFE

There has been something incomplete in our reasoning and in the general expression of our lives. In every heart there is a craving that has not been entirely satisfied; the symphony is not harmonious, and the minor chords are grating on every ear.

We try various experiments; we fix our gaze upon one beacon light and then another, hoping to reach the haven that will satisfy our weary souls and to hear the dulcet tones from singing voices that proclaim eternal peace.

In analyzing the prospectus from many angles and coming in contact with many varieties of people and creeds, it is safe to conclude that there are still undiscovered avenues of approach to our goal and methods open for speculation which have not been canvassed. Perhaps it is because we depend too much upon the influence of people, and do not closet ourselves frequently enough with our Creator. Possibly it is because we do not listen for the still small voice that is ever waiting to guide us onward in the perfect way.

Thought is a silent but radiant force; and we should not fail to catch the gleams from the Infinite Mind that are flashing their vibrations before our eyes, nor cease to allow the

MAN'S POSSIBILITIES

light of God's countenance to shine through us and express His glory. We have within us the divine spark, though it is not always perceived or fanned into flame.

Every form of manifestation is charged with an invisible pulsating force that keeps the heart throbbing and that comes from the life of the Infinite. There is an element which is projected into all animate creations, and which is generated by the Master Mind. There is not an impulse nor an emotion that has not back of it the sustaining power of the Creative Mind; but there is given to man an endowment which allows him to regulate this power in a way that will enrich his life and, through an individual initiative, sustain his particular charm of expression.

Viewing life from this angle, the question is: Should we spend our time trying to efface ourselves, to merge ourselves into the life of our Creator, or should we find a way to harmonize our temperaments with the Divine plan and let His life shine forth in a more perfect manifestation through us? This does not mean that one should be listlessly submissive. It necessitates a co-operative spirit. "Oh, to be nothing" has too long been our fervent

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cry, and we have promoted the songs of "Over There" until our interest in our present environment has waned.

In our endeavors to become merely passive to the urge of expression, we have frequently made weaklings of ourselves and have failed to recognize the splendors of our inheritance. We have not made use of the power for worthy deeds that has been given us. We are living in a veritable paradise. We have at hand every opportunity for the full expression and embellishment of our lives. We are a part of the Universal Plan and are richly endowed here and now with every qualification for growth, development, and broad vision that is possible to us in any future surroundings. We are now living in the very heart of life. We are granted on this plane of consciousness as many possibilities for achievement as we shall find on any sphere. We belong to the open plan, and there are no oppressive or repressive circles drawn around us anywhere. One is never affected by any law that does not conform to one's own temperament. The force of our work can be made manifest on any plane, but can only be fully productive when impelled by a definite individual urge.

MAN'S POSSIBILITIES

The difference between using power and generating it should be carefully defined in our minds. We are only distributors and never generators of force. Creation belongs exclusively to the Supreme Intelligence.

Individuality consists in a wise disbursement of the almighty forces that are constantly playing about and through us, sustaining us at every step in our journey. We cannot separate ourselves from this driving power, but we can appropriate and use it for the completion of any endeavor we are able to conceive.

Our special endowment is an ability to quicken our perceptions to the possibilities involved in the Cosmic plan for individual development. We grow into the circumstances and conditions that we persistently focus our minds upon and press forward to completion.

When the compact between God and man is understood, and one is in harmony with the constructive forces of life, it does not require so much effort to achieve favorable results. The application of useful knowledge is power, and when the latent energy in the universe is evolved through us, and our relations to it are consciously established, our problems can be

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solved as easily as problems in mathematics. Successful achievement along any line is merely a matter of knowing how to wisely appropriate and utilize the forces at our command. Our special prerogative is to unchain the truth that makes man free—free to live a constructive, well-expressed life that shall reflect glory to himself, to his environment, and to his Maker.

This is our goal and the urge is upon us to solve the equation of life that will enable us to qualify for such an attainment.

AN INTERPRETATION

WHAT is the meaning of this birth—
The message that was sent to earth?
What purport to the world is given
Through the word Jesus brought from
Heaven?

Dominion over earth and air—
Our Saviour came this truth to share;
Our lofty model day by day.
Gave His dear life to show the way.

Dominion! It is not a dream—
His promises we may redeem,
If we but pray and reason well,
We too may know the magic spell.

The key to power from God above
Is through the avenue of Love.
Until our souls are brought in tune,
From discord we are not immune.

Then let each moment be the birth
Of thoughts that manifest our worth:
That we to all the world may say
The Christ in us is born today.

II

EXPRESSION

SOMEONE has said, "What is hit is history and what is missed is mystery." This is a very significant statement and should stimulate our zeal and encourage a stronger determination to draw aside the curtain that separates us from a conscious knowledge of our destiny. It should impel a desire to unlock the doors of latent energy and by a quickening of our perceptions clear up the mysteries by which we are fog-bound and with a more comprehensive knowledge of our latent power allow us to promote the advancement of mankind. Floyd B. Wilson declares that the world of human thought is now centered on universal progress, and suggests that we need to force our consciousness a plane higher than it has ever reached before. He says that to know that immortality has been scientifically proved is of inestimable value to human growth, and that this knowledge should help one to realize that within the spirit force in man there may be a source of power never before intelligently appropriated.

EXPRESSION

With this idea in view, let us see if we cannot illumine some of the vague ideas that hamper our progress. Let us endeavor to know the truth that will enable us to embellish history and to free humanity from the involved conceptions it has concerning its present possibilities for a higher development.

When we realize that every particle of health, success, or happiness depends upon our emotions and beliefs; when we know that Omnipresent wisdom always sustains us; when we are consciously at one with the Divine energy that ceaselessly pulsates through every atom in space; and when we learn to use intelligently the power at our command, we shall have solved many of the baffling mysteries of life and find ourselves in possession of the fundamental conditions for well equipped bodies and for higher accomplishment along every line. The more power we wisely appropriate from the Animating Impetus of life, the more we shall find ourselves masters of expression, full commanders of health, wealth, environment, and improved circumstances, with every obstacle removed which in any way retards our forward progress.

The more we realize our possibilities, the

IN HARMONY WITH LIFE

more perfectly can we tune ourselves to the harmonious vibrations of the universe, and with increased enjoyment listen to the melodies that are being played on the harp strings of life. Every facility is offered for the enjoyment of our æsthetic desires and for the improvement of our surroundings. The rhythmic life throbs that are coursing from the heart of Nature may be captured by each one of us, and our lives may be constantly enriched and strengthened by what we gather from that source. The beauty of springtime can be daily registered in our minds and hearts, and there is nothing to prevent our living here and now in perfect rapport with the heavenly environments God intended for us.

Something is wrong with our point of view when we do not sense the glories of Omnipotence, and when we fail to bring gladness into each day and happiness into the hearts of those around us.

We become conscious of our created normal nature only when we are able to penetrate into the heart of life and grasp its optimistic meaning.

It is necessary to focus the mind on spiritual facts in order to unchain the truth that makes man free. Man is king in the vast empire of

EXPRESSION

God's domains, and will be able to wield his sovereign power when he is conscious of its possession. It is at all times imperative not only to aim well but to focus the eye with unerring fixedness on the object we wish to strike

"We never see the target a man aims at in life; we see only the target he hits."

Hitting targets or lifting heavy weights depends not so much upon desire or muscular development as upon a keen eye and a right attitude of mind. We always have as much power at our command as we can utilize. Our only limitations are the restrictions we place upon ourselves.

What we express is entirely dependent upon our point of view. "He always can who thinks he can"—the bounty of Omnipresent supply being unfailing and available at all times for our appropriation.

When once we realize that the life currents are ceaselessly flowing through us, we shall automatically appropriate them for constructive purposes.

There is within every successful, healthy man something that responds to the God-power working through his being. He knows intuitively that back of him there is an intelli-

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gent force on which he can rely and from which he can draw needed strength and guidance.

The wonder of it all is that we have been so uncomprehending in our conceptions of life; that we have not known how to utilize to advantage the animating power that is latent within us; that we have not relied sufficiently for our inspirations upon the Omnipotent Mind that suffuses all space and permeates our innermost being.

It needs only a clear analysis of God—or Universal energy—and a right comprehension of our relation to the intelligent all-pervading principle of life, to give us a mathematical formula which may be successfully applied to every problem we wish to solve. This principle can always be relied upon, and is so demonstrable that we may know accurately with what we are dealing.

We have not realized the necessity of keeping in tune and of helping others to hold to the score of harmony in the great symphony of life. Since God is the intelligent energy back of all forms of expression—the urge of life, the pure essence of love, the generator of strength, and of every form of power which sustains all there is in universal expression

EXPRESSION

and is here to support us, why do we fill our minds with skepticism and doubt, forebodings and fears? We are literally swimming in a sea of life, and as a sponge absorbs the water so may we saturate ourselves with all the varied qualities of Infinite Mind. This being true, there is no need for us to struggle against evil. Our sole effort should consist in opening our consciousness in receptivity to good.

We should have literally nothing whatever to do with calamity or sickness or any negative condition that follows in the wake of discordant thinking and false beliefs. It is all a matter of opening or of closing our minds to the right influences and of allowing the harmonious uplifting, stimulating inflow of Omnipresent power to operate continuously through us.

When once we realize that God's intelligence does fill all space, we begin to absorb and utilize constructively the principle that permeates our being and surrounds our lives. We appropriate this God-power that is always available as naturally and as simply as we draw our breath. It is an awakened consciousness of our possessions which secures our benefits. We are constantly sustained

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and supplied with abundant support for the accomplishment of our most extravagant ambitions. Every aspiration can be realized and every longing of the heart can be satisfied. God does not permit us to be mocked with desires which cannot be met. There is a satisfaction of every longing, and no one shall ever seek the unattainable.

Since thoughts are forces and their dynamic power regulates and stimulates our lives, we should learn how to use them for constructive purposes only. Thinking is a matter of our own choosing, and qualification is the key to the attainment of the things we are seeking; so why not discriminate in our selection of ideas and thereby glorify our lives and the lives of others with desires and aspirations that are high and worthy? Success and happiness, health and peace, are our birthright, and we realize them to the degree that our temperamental habits are under control. Every attribute of God is ours; every possibility for a rich and beautiful unfoldment is latent in each one of us as an expression of God's idea; and through the recognition of this fact do we develop the God-like qualities of our own being and help to draw them out into beauti-

EXPRESSION

ful fruition in others. We are not alone in our endeavors. God's ministering angels are hovering about us ever ready to aid us in all our undertakings. The world is radiant and aglow from center to circumference with life and love and wisdom.

The dawn breaks in iridescent colors over hillside and dale. Flashes from the mind of the Infinite are constantly playing against the windows of our souls; but the shades are drawn and we are not aware of the radiance of His emanations. Nothing separates us from these higher influences or obstructs our view of Nature's wonderful demonstrations except the dulness of our vision. No favoritisms are shown, no partitions drawn anywhere in space, no one can monopolize by individual possession the glories of the setting sun or the beauty of the rolling sea.

All humanity may participate in the enjoyment of God's protecting love and know the eternal kinship of congenial souls. Every eye may behold the marvelous display of Nature's pageants and share in life's eternal blessings, and yet we remain in a Rip Van Winkle sleep, unconscious of the great cloud of witnesses and winged angels that are flash-

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ing His sublime message from planet to planet, distributing the Word that makes flesh in every language on every sphere. Present enlightenment is startling to the uninitiated.

We are never alone; our thoughts attract the companions visible and invisible that are in accord with our established viewpoints.

The ether about us is thickly populated with eager souls that seek and somewhere find their mates.

Discernment in values is lacking in many minds. Not knowing what to appropriate from God's vast storehouse, or how to equip ourselves for the alluring benefits that are offered for our acquirement we miss the opportunities that are presented for our happiness and delight and partake indiscriminately of the fruits of Omnipresent good and man-made evil. Humanity is literally starving to death for the want of sustained ideals and a certain knowledge of its inherent power.

Love is one of the most potent of God's agencies upon which we may rely for close companionship and for the sweet communion between present and departed souls that is understood and enjoyed by those who are familiar with that particular field of discovery.

EXPRESSION

Love strengthens the tie between desirable associates and generates favorable conditions for health and illumination of soul. It is to the heart what sunshine is in a room. It warms into a glow every atom that comprises the body, and rids the mental atmosphere of all that is unwholesome and depressing. It is a positive healing force that carries in its waves everything that is vital and health-giving, and yet how sparing we are of it! When we look into each other's countenance we should feel that we are basking in the sunshine of love, that we are with a friend who embodies all that friendship implies.

Until we are imbued with the real spirit of kindness we shall make little progress in our understanding of values and in bringing our lives to a pleasing fruition. The most important factors in the equation of life are perception, love, wisdom, appreciation, and cheerfulness—the perception that looks into the truths of being with an open mind and discerns the values in dynamic energy; the love that expresses tolerance, forgiveness, unselfishness, loyalty, and charity, and that warms the heart of another into a glow; the wisdom that perceives the secrets in the heart of Nature for

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the development of man's exalted hopes and that tempers his judgment in sifting values in the art of expression; the appreciation that calls forth noble impulses; and the cheerfulness that radiates optimism, encouragement, sunshine, and gladness. Fault-finding and thoughtless utterances should be replaced by good will and friendliness. Doubt should be transmuted into faith, and optimism and repression should give way to a liberal and increased yearning for further enlightenment.

Our hearts need the animation of love's elixir, and our minds need the freedom of unrestrained quickening to the truths of being. They need to be well lubricated with the oil of happy, exuberant thoughts and pleasing desires. A merry heart doeth good like a medicine, and the giver of cheer is a very wholesome bracer about whom the average person knows too little.

"Just a smile when life seems gray and cold
Will often change the shadows into gold.
A word of cheer will rarely fail to save
From anguish a heart that would be brave." *

* From *Nature Forward*, p. 157.

EXPRESSION

Many nervous patients are now being cured by the art of making them smile and by impressing them with a more confident faith in the sustaining power of mind.

Some people have a way of making everyone who comes into their presence feel as if the meeting were a real benediction. When our minds are stayed on the eternal facts of creation, and our vision is centered on the opportunities that are offered in latent energy for our perpetual improvement and abiding satisfaction, we shall all stand for a gloom-dispelling Don't Worry movement that is invigorating and inspiring.

When we are conscious of our vast opportunities for health and individual progress, glowing hearts and sunlit glances will prevail. With a more genuine knowledge of our close relationship to the spirit realm the smile on our lips will be driven deep into our hearts, and the gleam in our eyes will radiate with the luster that shines forth from an illumined soul.

The spirit can shine in the body and make it healthy and beautiful, and it will express itself with glory when we learn to live in the springtime of life and understand more fully the compact between God and man. We are

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constantly building new bodies: taking on the new and discarding the old. The body of last year is not the body of the present. Bringing forth a new and beautiful body is a spiritual process with which everyone should become familiar. We should all represent ourselves in bodies that express the divinity of our minds and so "let God be enshrined in the flesh."

We are here to incarnate the spirit, and it is possible for us all to construct and build into these holy temples the newness of a child. Through loving purity of thought and buoyancy of heart we may all return to the days of our youth, and surround ourselves with the romantic inspirations of that period. Life is far richer and fuller than we have yet realized. We must hold the right vision—and then move forward to its fulfillment.

"Out of the twilight of the past
We move to a diviner light;
For nothing that is wrong can last.
Nothing immortal but the right."

IRIDESCENCE

LIKE colors in the rainbow,
Let light shine through our tears,
To lend new beauty to our lives
Through all the changing years.

Sweet flowers blossom in the rain;
From clouds fresh buds will start;
Joy often comes to us through pain,
To strengthen mind and heart.

From out our clouds of storm and strife
Some splendid prisms come,
Adding fresh charm to every life—
The rays dispelling gloom.

When evening dews are falling light,
The shading tints improve,
'Tis through this iridescence bright
That Nature breathes its love.

The rising sun upon the cloud
Brings golden light to view;
No less the setting of the sun
Imparts a brilliant hue.

'Tis shadow mixed with sunshine—
Storms mingling with the calm—
Which give the force to Nature,
And power to life's grand psalm.



THE POINT OF DEPARTURE

III ENVIRONMENT

PERSONS, consciously or unconsciously, sometimes charge themselves from another's point of view. The one who dares to think for himself or to assert individuality is rare, and the world has often made him regret his boldness; but such an attitude will ultimately accomplish its high purpose and is, in the end, worth whatever it costs. Many persons, by following the lines of least resistance, find it more difficult to place themselves in the environments of their choice than they do to float with the popular tide.

In clearing up the mystery of life the most important thing for man to realize is that by his own leverage he lifts himself to the station he occupies in the Cosmos. Obstacles to the enjoyment of any cherished environment are easily removed when one comprehends the leavening power of mind. There are laws of gravitation and laws of levitation which when understood will carry one to any goal. We all gravitate to our own merited positions in life by the operation of certain fixed laws.

IN HARMONY WITH LIFE

There are in every human being potentialities hidden away which can be evolved and developed in a manner that will bring us in contact with the people and the circumstances we most desire. When the law of harmony is established between man and his aspirations, the latter soon become realities.

By setting certain thought vibrations in motion in the direction of our inclinations and continuing the urge we have cleared the way to accomplishment. The ability to lend ourselves to the rhythms we most desire is easily acquired when the governing laws of association and mental control are understood.

"The heart throbs that pulsate within each one of us join each heart to its affinity. The great law of the subjective mind of all eternity separates nothing from itself." The counterpart of every individual thought and impulse is waiting somewhere to be united with its mate. "Harmony in man is as real and immortal as it is in music," and will demonstrate itself as perfectly when the chords are rightly combined.

Whatever man qualifies for, he is allowed to identify himself with. This is a prerogative that belongs to him as a rightful possession. The fact that one is born a Jones or a Brown

ENVIRONMENT

proves that at birth, by the law of natural affiliation, one belongs to some section of that particular family type, but it does not signify that this is necessarily a fixed environment. With man's dominion comes a freedom of choice and a possibility of attainment that have been granted only to the higher forms of expression. Through the direction of insight, perception, intuition, reasoning power, initiative, wisdom, and the right qualifications, there is no limit to what one may attain. We are working with exact laws, and it is only necessary to get in tune with the environment we desire in order to qualify for it.

We make of ourselves the magnets which attract whatever we experience. It is a law that we can never receive more than we are capable of attracting or other than that to which we make ourselves in some way receptive.

It is a fallacy to suppose that anything is ever thrust upon us. Whatever degree of success or of failure we encounter undoubtedly comes through our own drawing power.

By leaning too heavily upon someone else we sometimes fail to advance along individual lines, thereby forfeiting our opportunities for personal adjustment.

IN HARMONY WITH LIFE

There is within us an inner urge that invariably determines the quality of our manifestations.

We have all been given the same inherent potentialities, but we do not always utilize to the same advantage our precious endowments. The buoyant sense of exhilaration and power of expression that the nightingale possesses is possible for us. The same joyous impulse that governs the song-bird is latent in every heart. We place upon ourselves our own restrictions, and our gauge of receptivity, and no one is responsible for any of our acts or moods or environments except ourselves.

The gamut of our lives is run by our point of view. The sprightly fairies who whirl and dance have no monopoly of that form of amusement. Our bodies will always respond to the urge of our hearts. Our happiness consists in fitting ourselves for the environments we crave. Materialistic impulses bring us in touch with corporeal conditions and sordid pleasures. Psychic research and increased perception develop the sublime attributes for a quickening of spirit which accelerates the joys and enhances the possibilities that are offered to an enlightened soul.

IV PHANTOMS

THERE are no phantoms so black, so damaging in their influence as the phantoms of somber, grievous past experiences that stalk through the memory. There is no form of thinking so purposeless or detrimental to progress as the habit of brooding upon one's former misfortunes.

There is no way to recall previous errors in judgment and no chance to cope with canceled events; therefore it is useless to dwell upon them. But there is a way of profiting by former lessons and of learning through mistakes the better way of life; and these lessons are helpful rather than hurtful if they teach us wisdom.

Every day is a fresh beginning, and a bright new world with its brilliant opportunities and vast possibilities for better adjustments rises with the dawn.

The body is constantly being renewed, and the mind is capable of stamping any kind of impression on the fresh material with which we are daily fed.

IN HARMONY WITH LIFE

Everything in Nature constantly strives for normal adjustments, demonstrating the possibility of perpetual growth and improvement.

Our whole being drinks in with every breath fresh inspirations and new building elements. As constant builders and renewers of new bodies and changed environments we have it in our power to efface all that is unpleasant in memory, and by keeping step with the regenerating process we can transmute depression and cowardice into optimism and courage.

The less energy one wastes in regrets and lost opportunities, the more vitality one has to use for present constructive purposes. We can banish the memory of disturbing experiences and remove that stupendous obstacle to our progress.

The dark phantoms of remorse that call after us as we go our way should never be allowed to claim our attention, but should be left to sink from their own weight into oblivion. The past is dead, and it should be reverently buried and given back for Nature's benign renovation.

As the mind becomes illumined by the light of truth we perceive that growth is the only royal road to happiness. Neither oneself nor

PHANTOMS

the human race is at all benefited by contact with disparaging thoughts and unwholesome broodings. Every depressing thought that the individual fosters in his mind not only pollutes his own atmosphere but affects the atmosphere of others and makes of one a selfish promoter of discord.

Regret is an indulgence that can never be warranted by any circumstance or event that cannot be re-called.

Christian D. Larson tells us that we must daily determine in what direction we wish to move and train the mind to produce such tendencies as will take us to our destination.

The movement of life is forward and those who wish to connect with the pulsations of its advance must press on with the tide of Nature's constructive methods for growth and improvement.

In retrospection we are rowing against the tide. In prospection we are moving with its optimistic, buoyant currents to the fulfillment of our normal destiny.

It is imperative to place in action only such desires as we wish to realize. No weak indulgence can profitably be permitted to hold its sway over the individual.

IN HARMONY WITH LIFE

Taking daily stock of one's mental assets is a good habit. It is a habit that will enable us to eliminate everything we do not find profitable and desirable and that will help us to go forward in the right direction. Our past experiences are useful only as they become stepping-stones for higher achievements. Every lesson is valuable that helps to make us more self-reliant and efficient, with increasing wisdom. Whatever tends toward the development of character is worth whatever it costs, and to produce character one must pay the price.

We are daily renewing mind and body, and have ample means for moulding our lives into efficiency, usefulness, serenity, and harmonious activity. We need never be hampered or limited by what has gone before.

The ball and chain of yesterday's unhappy events can be snapped and the appropriation of today's glorious possibilities be added to our accumulations.

We are never beyond reach of the higher laws of life. Whenever we make our right connections with them they carry us along on their buoyant waves.

The effect of optimism tends to place us in

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the environments we seek and to promote ideal surroundings.

We can always make our dreams come true if we are willing to move forward with the currents that flow in the direction of our purpose.

The trend of one's mind stamps its ultimatum on one's achievements. Since the quality of our thoughts is established by our own pendulum of thinking, there is no reason why we cannot make it Sterling.

V

BARNACLES

UNTIL every encumbrance of fear, anxiety superstition, depression, pride, and inharmony are removed from our consciousness, all our development along progressive lines will necessarily be limited.

A clearing process which leaves an open mind to the inflow of God's eternal truths is necessary in order to receive the golden streams of love and wisdom that are constantly pouring forth in His holy emanations.

To be bound by prescribed edicts and to be smothered with hampering curriculums, circumscribes our reason and dims our vision, and "without a vision the people perish."

Sustained exultation of soul is never possible where minds are stifled by repression or by limited ideas.

Our minds must be free to absorb the great truths that are constantly flowing from the Omnipotent Presence, distributing themselves to whatever individuals are prepared to receive them.

Our work consists largely in tuning up and

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quicken our perceptions to the encouraging messages that are vibrating through the ether from the mind of the Infinite. Messages of joy and peace that come to every soul to the degree of its receptivity. These messages will fill as deep a channel as we make for them.

We must thrill to the suggestions that are sent direct from the Master Mind and stand on the heights ever ready to receive the quickening which comes to those who are in accord with Divine intent.

Life will carry us along as a bird carries its wings when we have removed the fetters of depressing dogmas that hold us tied fast to our earthly moorings.

The holy communion of souls cannot be sensed or enjoyed until the love in our hearts is ardent enough to melt away all barriers to growth and higher development.

Our wills must be strong enough to remove the barnacles of ignorance and blind, unstable reasoning that impede our progress.

The Heavenly Hosts cannot descend to our levels—we must raise ourselves to their exalted heights and with clarified vision behold their beacon lights which beckon us on to the land of our dreams.

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The ensigns that are unfurled to point the way to Paradise must be sighted before we can travel on our way rejoicing toward the Promised Land.

Too long we have been hampered by preconceived prejudices and stern decrees. Let us remove the scales from our eyes and with unobstructed vision see the sparkling rays of cheer and love and consolation that shine forth from the light of God's countenance.

We are only promoting discord when we stagger along under the weight of false, unsatisfying beliefs, or when we try to play to unsympathetic scores.

Longfellow tells us that harmony is the music spoken by angels; this being true, let us blend our voices with the majestic melodies of creation that will entrance our souls.

The Divine Spirit sheds its protection and radiance over all mankind; but its sustaining presence can only be sensed or enjoyed by the hearts and minds of those who have torn away the barnacles of ignorance, morbid forebodings, prejudices, and unsatisfying beliefs.

ADJUSTMENTS

VI ATTITUDE

IN MAKING our daily adjustments it is well to remember that the reactionary power of one's attitude of mind is shown in the smallest events of life. As William George Jordan tells us, "Life is not what comes to us, but what we get out of it." In other words, it is the way we grip it.

The man who is really worth while is the man who has learned to live fearlessly and joyously in spite of obstacles.

Myrtle Reed emphasizes the fact that our "elixir of life" is sweet only because we love; that peace, pleasure, and content are happily gathered by some, while others reap only sorrow, suffering, and discontent. She further encourages us with the suggestion that weakness and bitterness sometimes become strength and sweetness, and oftentimes pain is mellowed and given back to the world, transmuted into the highest and most impressing human art. All of which leads to the conclusion that any experience that is a means of growth and development is valuable. It isn't so much a

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matter of what experience does to us as it is of our attitude toward it. Our point of view is what counts most. Edward Carpenter declares that "if a pebble in our boot torments us, we expel it," and he states that when the habit is formed it is just as easy to expel an intruding or obnoxious thought from the mind or sensation from the body.

Whether it is more difficult to expel a disturbing thought from the mind than it is to shake a troublesome pebble from one's boot may be questioned; but there is no doubt that it is necessary to eliminate offending thoughts if one is to live in peace, comfort, and serenity.

With a freedom of choice in thinking and the habit formed of quickly eliminating discordant impulses, one may become proficient in the art of establishing health. It is not necessary for one to dwell upon what is morbid, annoying, or disturbing. Dèfiant, melancholy, despairing thoughts link many persons to ill health and adversity and dampen the ardor of those about them. If promptly evicted from the mind, these tramps will do no serious harm to the body, and each example makes complete mastery an ultimate possibility.

There are at least two things one need never

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worry over: the thing that can be helped and the thing that cannot. If we have it in our power to change the condition, the way is cleared for its accomplishment. If we see no way to remove the obstacle, we had better turn our thoughts as speedily as possible in some more profitable direction, allowing the discouragements to languish for want of attention.

Living in slavery to one's negative moods, emotions, or disturbing thought vibrations, is bondage of the most depressing kind. Until one has gained the faculty to regulate one's thinking and emotions, illness and discouragements are sure to occur.

Supreme achievement along any line follows the trail of supreme wisdom and a capacity promptly to adopt the right ideas.

"There is a state of mind that gilds the road for the wise men," which is reached by one's attitude toward all the circumstances of life.

Obstacles disappear with a clear understanding of the governing laws of the universe and the knowledge and right application of the power of thought, which is the common heritage—though commonly not claimed—of all mankind.

TRANQUILLITY

GIVE to me a tranquil soul,
Let peace abound in mind and heart,
That when life's billows o'er me roll,
I still God's message may impart.

Spread over me love's mantle pure,
With well poised thoughts my life inspire.
Let harmony of mind secure
The grace of God, my heart's desire.

Let only Omnipresent good
Surround me through each conscious hour,
That I may o'er life's blessings brood,
And feel the working of God's power.

May I my soul's own greatness know,
The burdens of my mind release;
So guide my spirit here below
That I with God may dwell in peace.

VII

THOUGHT FORCE

THE statement, "Except ye become as little children ye cannot enter the kingdom of Heaven," does not imply a recession of years. It means that no real Paradise is possible where the heart ceases to beat to the pulse of youthful enthusiasm. When the life-forces are pent up in grooves of despondency, anxiety, forebodings, and anguish the effect of these states of misery is bound to leave its traces.

Before any real progress can be made in the promotion of health or efficiency it is necessary to comprehend the value of wisely directing our thought power.

The force of mind is the force that moves the universe, and it requires special discrimination to balance our thinking so that it will conform to the things we are seeking.

Our mode of thinking and our habitual attitude toward circumstances and events are responsible for our health and our well-being.

When one has squared oneself mentally with one's ideals they are as sure to materialize as are two and two to make four.

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The real test of accomplishment along any line is the proper use and application of mind. Events, conditions, and circumstances follow the trend of one's thinking. One's point of view determines what is achieved. Every molecule or atom in the human structure is subservient to the play of emotions that are circulating through one's body, and every condition and event in our life is brought about by the influence of our minds.

Man is apt to minimize his natural endowments and underestimate his capabilities. He is not well enough acquainted with his propelling power to understand its impetus. He does not know that without an alert, buoyant mind and a glowing heart he can never acquire health, nor achieve any degree of masterful expression. "Be ye transformed by the renewing of your mind" is advice that it would be well literally to follow.

If a man expects to feel like twenty he must have the enthusiasm of that age, and put the same vigor into his thoughts that are manifest at that period.

Thought force is the driving power and health-giving impetus back of the physical organism. It is the generator of health or

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disease, prosperity or adversity, and governs whatever we experience in our lives.

How one feels within one's inner self, the self that thinks and longs and directs one's course, determines what is registered in one's physical appearance.

The initiative of every individual manifestation originates in the dynamic power of mind. Every condition of our lives is influenced by the thought force we set in motion or accept from other minds. Whatever arouses our enthusiasm determines our attainment, and whatever dampens our ardor handicaps our progress along every line.

It is the mental sinews that build our bodies, and weave our destinies, and we should be careful not to hamper ourselves or those around us with uncontrolled thoughts and emotions.

Randolph Lewis tells us that the world belongs to the self-reliant, the just, and the strong; that the ambitionless, the irresolute, and the supinely dependent have no place in the larger issues of life.

The one who moves with vigorous certainty seldom encounters grievous obstacles.

The life currents are guided through us by

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the rhythms established in our minds. The bodily functions fluctuate with our varying moods, and a man's success or failure depends entirely upon his trend of thought and his general force of character.

Every enterprise surrenders to the quality of mind that is back of it, and every degree of health or prosperity depends upon the ideas by which we are controlled.

When we are fettered with discouraging thoughts we are shackled by the heaviest kind of chains.

Every man has an inalienable right to think constructively, and to protect himself from illness and adversity by a proper use of thought power.

The signals that flash from our minds are carried over the nerves to every muscle and cell in our bodies, and every organ responds to their communications.

Mr. Aaron Crane reminds us that when a man falls and breaks his arm, he is thinking of something else than his footsteps.

All modern writers agree that when thought is rightly directed there will be no accidents.

When we vibrate in the "law of love" we sustain our equanimity and increase our power to attract the charms of life.

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Our bodies are our vehicles of locomotion, and are devised from the temperaments which inhabit them. Instinct and feeling are the initial impulses to all forms of manifestation, and it is literally true that "as a man thinketh in his heart so is he."

The desires and emotions that we deeply register are the ones that are productive. The thought force that works through us is the power that moves our bodies and accomplishes our tasks.

Whatever fixes our earnest attention determines our likeness. This is a stimulating incentive for higher development and a law that can be relied upon.

Every day comes with new promises and new possibilities, and the resolutions that possess us are the key to achievement.

Exalted emotions compel sublime experiences. Lofty achievement depends upon the quality of the thought power that is back of it. The energizer of the brain is mind, and the motor power of the body is the thought, impulse, sensation, and emotion that animates it.

Fear, anger, unhappiness, and discontent originate in the mind and leave their contaminating impress upon the physical structure. To a certain degree everyone is conscious of

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this fact; but all do not realize to what extent these forces are responsible. Every condition that is experienced in life depends upon the impetus and direction of mind.

Self-reliance and efficiency come from a confidence in the governing power and wise direction of thought force.

The intelligent Provider has given to man the necessary resources for great achievement. The magic of life is captured by the minds that are alert—minds that are quick to perceive and utilize the opportunities at hand and that appreciate the possibilities for expert achievement.

Since all the great issues of life are wrought out of thought force, particular discrimination is necessary in its appropriation and direction. There is no longer any mystery regarding our ability to determine the quality of our manifestations.

Whittier emphasizes this fact in the following lines:

The pattern of the life to be
We weave in colors all our own,
And in the field of destiny
We reap as we have sown.

VIII

CONSTRUCTIVE THINKING

THERE are many ways of proving that our lives are entirely what we make them, and there are ways of building our foundations for success, health, and efficiency upon a permanent rock of security. Constructive thinking stimulated into action will develop conditions for such an attainment. Every thought that is set in motion and supported by a strong inner urge is a force which gathers the necessary impetus for its complete development.

Every strong thought vibration that is thus set in motion affiliates and mingles with every similar rhythm that is operating anywhere in the universe, augmenting and strengthening the theme of its affinity. Every thought, impulse, or desire that is produced by the individual connects with a corresponding vibration in other dwellers on any plane who are tuned to the same impetus, thereby making the impelling force a compelling power, promoting and adding to the momentum of that particular motif.

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The foundation of any enterprise begins with the right idea. To confine one's energies to the constructive possibilities of attainment, and to map out one's course and go forward with the tide of activity that is moving in the direction of one's purpose, will give the necessary quickening to promote the conception. One always swings with the current of one's strongest inclinations and follows directly in the wake of one's beliefs. This is the meaning of the statements, "The thing he feared has come upon him," and "To him who hath it shall be given."

Nothing need discourage the man or woman who thinks constructively and has the perseverance to establish a rhythm of ideas that are in keeping with his or her aspirations.

Thinking is efficient and valuable only when it is wedded to action. When it is accompanied by an impulsive urge in the direction of its mission it carries a direct capacity for achievement. Every thought or desire that is backed by a positive determination to move toward the winning of the goal will surely accomplish its purpose. The movement is necessary in order to compass the desire. For example, one may say, "I think I shall walk

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into the next room." The thought may be impelled by a specific idea of accomplishing some particular result, but unless the suggestion is matured into action nothing really occurs. Thoughts that are not quickened into

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forceful ideas and buoyant enthusiasm bears us to our chosen goal. Thoughts that are exhilarated with glowing effort carry their purpose to complete realization.

To enjoy the full results of expended energy, it is necessary to think and act constructively. Thinking carries only the weight of the driving force that is back of it. The trolley car may be ready to start, but it cannot move until the full current is turned on.

Definite action is necessary in order to make things move in any direction.

Declaring oneself to be well is a step in the right direction, but only a step; health cannot be realized except by charging the center of one's being with vigorous life, and promoting a certain kind of building energy that accelerates thinking. When one blends one's forces with the impetus that is moving in a particular direction, health is soon acquired. Establish the right thoughts and urge them into action, and their momentum will carry you to the destination of your planning.

The energy dissipated in manufacturing hate, criticism, worry, jealousy, fear, anger, and depression is strong enough to tear down every delicate tissue in the body, while the

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energy of love, optimism, charity, and good cheer strengthens and builds into usefulness and efficiency every nerve and muscle that regulates the blood currents.

One cannot shoulder a burden of anxieties and expect to think oneself into health. First drop the burden and then practice harmonious thinking. When the depression is displaced by optimism and the right rhythm is established, encouraging results follow. "Comfortable thoughts make comfortable bodies." Health and success are mere matters of knowing how to direct the mind and impulses into happy, constructive grooves.

Man has a dual nature which must be kept evenly balanced. He is a center of created energy and his thinking must be backed by the right emotional impetus in order to conform to the laws of universal harmony. There will be no diseases, infirmities, depressions, or failures when the higher laws of expression are understood and rightly applied. It is not true that "we know not whither we are going." There is a law of cause and effect which is dependable and unfailing, and which decides our course. We open the gates of difficulty with our own hands, and enter Paradise by the

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path we make. "What scope of toil, what loss, or what reward" is determined by our own understanding and application of the principles of life. There are no obstacles to perpetual youth or to progress along any line. Thought and feeling backed by a knowledge of our relation to our source is equipment enough for any specific result.

Every possibility for enriching his life is given to man, and when the working of certain laws is established in his consciousness he can move forward to the completion of his ideals. We are lifted to the heights by a knowledge and direction of our own propelling power.

We are living here and now in a marvelous environment of rare possibilities for the individual and for the race. If all the latent charm, beauty, and fullness of power that is regnant in the hearts and minds of men were utilized and expressed, what a world of glory would be revealed!

The life of God is flowing in our veins, but "our destiny is in our hands and hearts."

A REFLECTION

Am I looking through a mirror
When the day is sad and long?
Is it just my own reflection
When I hear a glad, sweet song?

When the world is lone and dreary,
Is my mind then out of tune?
When Nature teems with beauty,
Is it just because it's June?

When I look out o'er the landscape,
Seeing joy in field and bird,
Love mirrored in the flowers,
Is it my own pulse that's stirred?

When life is filled with sunshine,
And the world is fair as June,
Is it not because my happy thoughts
Reflect a world in tune?

IX

COLOR AND MUSIC

PHOTOGRAPHY has shown that there are direct rays going out from our minds in color. Every emotion we register presents itself in its own particular hue, and the colors we radiate through our impressions and impulses are constantly playing through our physical bodies, uplifting or depressing our emotions. Thought produces emotion, emotion produces vibration, and vibration inherently and incessantly generates color. Every thought or emotion we establish in our consciousness reflects in some particular hue its own radiation. The high vibrations of love produce all the colors akin to sunlight, which are glowing in their effect upon the body, and will even extend the warmth of their radiance far into the ether. The higher impulses of life radiate the gold and the violet shades and these are extremely beneficial. Love is the warm, radiant glow of fire and generates all colors from the violet flame to the deep orange.

Somber thoughts produce a lower rate of

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vibration, which is gray in appearance, and charges the system with a sediment like that of muddy water. Whatever belief, creed, or experience brings harmony into our mind will promote the health vibrations. Where harmony dwells, happiness reigns supreme in body, mind, and spirit.

Any form of worship that inspires our faith, that imbues the mind with peace, that quiets disturbing emotions, and that carries a glow to the heart is life giving.

In places of religious worship and in other edifices the soft rays from certain colors which mingle with the sun's rays and diffuse a commingling of violet, blue, and yellow over the audience, are soothing in their effect.

It has also been observed that the various tones in music produce their specific flashes of color, and into all these vibratory color combinations one may blend his own rhythm and thereby increase the luster of his aura.

Some persons have the habit of tuning up every day to certain keys on the piano, which produce and register definite colors. They find it helpful and exhilarating to keep their vibrations tuned to certain musical tones, thereby increasing their bright radiations.

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There are special formulas given by many writers for this particular exercise. Any book on the value of numbers will afford the necessary information.

One of the greatest benefits of music is its power to raise our emotions or vibrations above the ordinary pitch. This law is so well understood that music is resorted to with gratifying improvement in many instances of illness caused by depression, anxiety, or grief.

We are at length learning how to find the correspondence between human emotions and musical tones in colors, and by a process of mathematical deduction we can ascertain the key to which we are attuned. Through a definite system, one may learn so to relate himself to the tones of a piano that he can raise his vibrations by lifting them to a certain pitch. This has been found a very helpful exercise.

The cultivation of music has great value in establishing harmony in one's health and surroundings, particularly music that is enlivening and with a theme that can quickly be discerned. It is a well-known fact that men can march many miles without fatigue to the accompaniment of music, when they would fall by the way without it; which leads to the con-

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clusion that music promotes efficiency, decreases fatigue, and stimulates activity among workmen in many lines. As the sea shell is resonant with the music of the waves, so our souls are charged with the music of the spheres.

Its magic through our being floats,
We sense the rapture of its notes.
It bears through all created zones
The cadence of life's rhythmic tones.

X

DISCERNMENT

IT REQUIRES particular discernment to live comfortably in a world where pests, microbes, anger, discouragements, and annoyances of every kind are a constant menace to one's serenity of mind. There are many persons who would argue that courage rather than perception is the necessary asset to such a possibility; but we are learning that it requires no more courage to overcome the obstacles in life than it does to press a button and turn on a current of electricity. It is not a question of endurance, it is merely a matter of knowing how.

When the art of constructing and of piloting a ship is understood, it rides the waves easily to any port. There is a definite way to control and direct our bodies and to rise above difficulties and discouragements. When we have acquired a knowledge of our capabilities we can stand, as Mr. Gordon tells us, "like a lighthouse that illuminates and beautifies the

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snarling, swashing waves of the storm that threatens it and seeks to undermine it.” “This is conquest, and conquest is part of the royal road to happiness.” There is but one way to surmount obstacles, and that is to rise above them; and there is but one way to rise above them and that is by not treating them as barriers and so turning away from the annoyances that threaten our peace of mind.

The energy spent in remorse, regret, bowing to grief, and allowing oneself to be swayed by adverse conditions and the opinions of others would build itself into towers of strength if headed in the right direction.

We must recognize as an axiom of progress that the latent forces of the universe if used advantageously will construct and promote any worthy enterprise that may be conceived. There are no obstacles to success along any line, except the obstacles of ignorance or the obstacles of misdirected energy.

When we are unfamiliar with our propelling power we cannot operate it to advantage. When we have no knowledge of the law of cause and effect, or when we do not fully understand that it is the “thinking substance

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that runs through everything we do" and determines the results achieved, we are like a man in a boat without a rudder.

The desires we set in motion are brought to fruition through the Divine urge that sustains the trend of one's individual thinking.

W. D. Wattles tells us that "there is a thinking stuff from which all things are made and which in its original state permeates, penetrates and fills the interspaces of the universe"; that man can form things in his thought, by impressing his thoughts upon formless substance, thus causing the thing he thinks to be created.

The wonderful endowment of mind makes all things possible. It "ripples invisible messages to the arching void, above the eternal tides, and from the printed pages, it 'sparks' into the hearts of the world's waking millions."

The world is awaking to the full realization that there is no realm of productivity which thought alone does not make possible. A well-poised, healthy mind will produce a strong, durable body and surround one with events and circumstances which promote buoyancy of spirit and gratifying achievements.

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The woof of life is wrought by the shuttle of our thoughts. It is the Word that makes flesh.

It is not easy to realize that anxious or discordant thoughts of any kind are as damaging to the material body as the contact with fire is to one's finger, but it is nevertheless true; and when once this fact is understood physical comfort will be safeguarded by an orderly process of directing one's thinking and emotions.

If we are earnestly seeking health, we shall not nestle down at night on our pillows with fearsome, discordant, uncomfortable thoughts for our companions.

We are very careful not to turn on unlighted gas in a room where we intend to sleep, or to soothe our tired nerves by placing our fingers on a live wire of electricity. When we know that the damaging influences of morbid states of mind are just as destructive in their effects upon us we shall at least make a greater effort to ward off the discouraging moods that overtake us, and which knock at the door of our mentality with increasing persistence as the indulgence is encouraged.

It is difficult to realize that electricity and all the great forces of the Cosmos are but side

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products of Universal Mind and that volts of electricity contain much less damaging power than harassing thoughts, but it is nevertheless true. Mind is the dynamic power of the universe; it moves the planets in space and operates through every form of life. Thought force is man's propelling power and the initial impetus to all forms of manifestation; it is the primal factor with which we are dealing on every plane of expression.

The entire plan of creation is operated by the stimulus of mind and its vibrating energy. Through the urge of thought power and its infinite possibilities every variety of life is urged into appearance and perpetually sustained. Mind reveals itself in the glowing splendors of the universe and in every phase of animate form. It supports and energizes the glittering stars in space and flashes its messages from center to circumference of the universe.

Representing its activities we necessarily conform to its decrees. By the law of spiritual affiliation our thought projections blend with their affinities wherever they may be. This is the fundamental principle of mental telepathy and of spirit communication.

Universal mind supports temperamental

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characteristics, which in turn give specific expression to the body.

The soul of life presses itself into all forms of manifestation; it paints the brilliant beauty of the landscape; it comes forth in the exultant joy of a child and stirs the heart with sweet and tender yearnings.

The world is glorified with charm, love, and melody for all to enjoy who are tuned to life's harmonies.

XI

BENEFITS

God's benefits are not withheld from us here, to be presented elsewhere at some future time; but they cannot be utilized until they are claimed. Electricity is latent in the universe, but makes no effort to advance its possibilities until someone comes forth to employ it.

The life principles must be incorporated into one's activities before one's endowments become tangible realities.

There is far more splendor scintillating about us than we have yet perceived. We could not exhaust the shimmering glory of this environment or the opportunities we are now offered if we were to remain on this earth for thousands of years; and we shall never dream of what we are missing until we rouse ourselves to the fact that our individuality, our perceptions, our capacity to receive God's benefits, and our power to extract the gold from the great treasure house of Nature are as great here as they are anywhere. Azure skies, singing angels, golden harps, and flower-scented gar-

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dens are not restricted to any particular section of the Cosmos. Divine benefits are universal.

We are given dominion over the earth, and the power to charge ourselves just where we are with every attribute to God's kingdom. Love, romance, happiness, peace, health, prosperity, the privilege of intercommunication with congenial souls on any plane, and all that is generously provided for our comfort, well-being, and progression are ours at all times to enjoy, yet how sceptical and unappreciative we are in accepting our heritage!

Our perspective is often too narrow and our prejudices too pronounced to grasp the facts that the whole universe is united in a common interest, and that love, gladness, harmony, peace are our immortal heritage. The sweetness of life can be captured wherever our hearts are warm with affection. There are radiant suns to illumine every quarter of the firmament and no one shall ever remain unprotected or in darkness. The Great World Heart offers tender solicitude to His children and provides guardian angels to comfort us in any zone and in every sphere. The radiance of our Father's love shines forever o'er our path.

We do not take a broad enough sweep of

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the arc to comprehend that we are here and now a part of the stupendous plan, with particular endowments that will connect us at all times with any section of the vast operation. There are no barriers to our progress; no walls or partitions erected between this world and any other.

Marconi has given us a suggestion as to how mental messages can be exchanged, and other pioneers in the field of research have illustrated the prerogatives at our command. Yet we are still in the infancy of our perceptions regarding our possibilities. We do not need to go elsewhere in order to accomplish whatever we are seeking. We do not even need to struggle. "We only need to know." It is a law that whatever we are tuned to receive comes ultimately to us. We make our connections with other minds anywhere in space by a sympathetic blending of thoughts. Our minds need quickening to our latent potentialities and to the eternal realities of our being. We need to know that we are a part of the universal plan, and that we are undetachable factors in the equation of life, able to perform our share in its activities on any plane of consciousness.

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We need to rouse ourselves to the fact that we are necessary to the visible demonstration of God's conception; that we are living in eternity and have unlimited opportunities for a constant renewal of mind and body and for progressive development. As time goes on, we need to charge ourselves with more abundant life, with more enthusiasm, more spiritual illumination, more inspiration, and more energy, and rid our minds of the limitation of fears and years. We need to strengthen our faith in our possibilities for enriching our lives and expressing ourselves more worthily.

It has been said that all humanity is in-temperate over something; that it is over-balanced in one direction and underbalanced in another; and that the reason for its continued suffering is because it has never found a temperate zone of thinking or of living.

One class of people is too material, and another too sanctimoniously religious; one class too complacent about its established viewpoints, and another too skeptical regarding the truths of being. One class bows before a concrete God, and another worships an abstract principle—while others are certain that

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it is not worth while to speculate on the subject at all.

If I were to err on either side, my overstimulated enthusiasm would spend itself in a continuous revel over the satisfying proofs already established for a belief in eternal life; and because of this foundation upon which contentment rests I can eliminate from my consciousness the greatest handicap man has to contend with, and that is fear. In the support of this argument I have begun to speculate now upon the ways in which I can utilize to advantage my unlimited opportunities and grow more surely into a worthy representative of God's ideal.

The scene shifts with the revolutions of time; but every particle of energy, every electron and molecule, is perpetually accounted for. This not only affords one an endless variety of expression in one's unlimited evolutions through space, but makes one's interest in life buoyant and refreshing. Nature's methods are represented in her ceaseless, constructive activity, and her dominant note is re-appropriation. She conserves all she needs for her perfect expression—and yields to man her precious products for distribution.

BENEFITS

The flowers which express themselves so charmingly for the delight of man spend their hours in weaving graceful outlines and pretty colors out of moisture, sunlight, earth, and air, with no apparent concern about anything except their own perfect development. There is no evidence of submission in their process of growth. They crave beauty and fragrance of so delicate a variety that they gather to themselves only the elements required for their own perfection and eliminate everything which does not contribute to their individual charms. By so doing, they are able to glorify the earth with their presence, and that seems to be the idea in the launching forth of man's individuality—to glorify the earth with his presence. What a heritage! And yet how few of us radiate sunshine even in our own little immediate environment!

The flowers and birds gather their inspirations from the soft murmur of the stream that loses itself in a dream of glory as the shining water ripples on its way, representing itself so charmingly for the delight of man.

We too have been launched on our life journey with the "fairy craft of leaf and petal," with the thrush and robin who dip their

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glistening wings into the blue sky and soar,
knowing they have wings to fly.

Would that we might follow the harmonious trend of their example and vitalize ourselves with their methods to the degree of a better, nobler, more worthy manifestation!

THE MESSAGE OF A ROSE

FOR every rose there is a thorn;
With every thorn fresh buds are born
Their beauty to our lives adorn.
The thorns remain when petals fall,
Yet only blossoms we recall.

Then why not emulate the rose—
As sweet a flower as Nature grows—
And only to the world disclose
Those qualities of heart and mind
That leave fair memories behind?

XII

POSSESSION

THERE is but small possibility of our contributing anything of importance to the enrichment of mankind until we are conscious of our possessions and learn how to utilize them wisely. Man has many more perquisites than he appropriates, and he will never know what these benefits are until he draws upon them for the strengthening, rejuvenating, and glorifying of his individuality. This does not involve the element of selfishness.

One who is highly tuned and fine in his instincts is not unmindful of the comfort or happiness of others. Like an exquisite flower that sheds its fragrance for the delight of the world, the individual who understands the art of appropriation radiates a charm that is helpful and gratifying to all about him. "Be ye doers of the Word, and not hearers only."

Chivalry does not languish with a highly refined personal development. With impersonal love in our hearts, we are in no danger of losing our solicitousness for those about us.

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God gives us bountifully all things to enjoy, and it is not selfish for us to accept freely the generosity of Omnipotence. We are told to let our light shine for the uplift of others, but how can we do so if there be no illumination in our souls?

Omnipresent love is limitless, God's munificence is unending, and if we are to improve humanity, we must begin by following the Master's teaching, thereby making ourselves worthy examples for others to emulate. This is not accomplished by self-effacement, but by a knowledge of our privileges and an appropriation of the right forces. We can at all times and in all places absorb the bright emanations from our source and radiate them to others. The Universal Intelligence yields all that is required for our sustenance, but the supply does not flow abundantly through us until it is admitted through the portal of our individuality.

It is not selfish for us to wish to express ourselves worthily; nor to incorporate every uplifting thought and impulse into our lives; nor to breathe in all the pure oxygen we require for our well-being; nor to eat of the fruits of the earth; nor to utilize for our upkeep

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and benefit whatever is required for a superb manifestation of our exalted station. As Christ found it necessary to withdraw himself for a season, so we may retire to the mountains or the shore (and this does not mean summer resorts) for the revivifying of our bodies, the renewing of our minds, and the refreshing of our souls. There is bounty enough to supply our most extravagant desires; and the longings and aspirations of our souls, if they are worthy, can be fully gratified without depriving others of a like privilege. It does not show a true appreciation of what we are offered to refuse to partake of it and, because of our nescience, to topple around on the earth like an empty bottle in the breakers.

Because we are supported in our endeavors by a permeating presence which yields every necessity of our being, we should evolve into helpful, symmetrical, well-balanced, worthy expressions of our Creator.

This cannot be accomplished through a leaning, relinquishing, submitting, faltering attitude of mind—nor through a mistaken idea that individuality should be warped or in any way surrendered.

We are the heirs to His Kingdom, and joint

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heirs with Jesus Christ, and should at all times be gratefully cognizant of our royal privileges.

The operation of law is uniform in all its varieties of expression. There is back of every manifestation a power which vitalizes and sustains it. Every aspiration can be met with a realization of its fulfillment. Man is sustained by a power that supports his desires. Infinite Mind, Omnipresent Intelligence, Urge of Expression, Universal Energy, Breath of Life, or the Mainspring of Life—whatever we choose to call it—can be relied upon to stimulate and promote all forms of personal initiative and bring to fruition every individual longing. There are no cravings which cannot be satisfied. Primal energy responds to every desire that is latent in man for his progressive development.

God has given us an individuality and has demonstrated His ability and willingness to supply us with a perfect equipment for the realization of every worthy ambition, and we should not be satisfied until we have made a success of our earth journey.

Whatever dulls the sparkle in our eyes, and whatever depresses the mind, is harmful.

POSSESSION

The quality of the air we breathe, of the water we drink, of the fruits we eat, and of the ideas we incorporate into our lives should be charged with something that radiates health, harmony, cheerfulness, success, optimism, and enjoyment.

There is nothing created that does not in some way augment characteristic individual expression, or contribute to the vitalizing and sustaining power of visible manifestation. It seems to be a part of the plan to individualize expression. Even the sands on the shore, and the drops in the ocean, represent this tendency.

Children and flowers and every other lovely production in Nature's pageant make a special appeal for individuality, and because of this tendency Nature comes to its assistance with unfailing support.

It is safe to assume that we should not have been projected into form, if it were more advantageous for us to be merged into one mind, one activity, and one common manifestation. Under those conditions, there would be no advantage in our having the earth experiences.

Mothers foster and promote the individualities of their children. If they see a strong

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inclination for music or painting or intellectual pursuits, they sacrifice all else to its advancement. They build each little life into a state of complete independence, buoyant with personal aspiration. Up to a certain period, they encourage their offspring with strong incentives for individual accomplishment, and then through some illogical reasoning advise them later to sink personality or merge it into submissiveness and subjection to another will.

Instead of encouraging them further to believe that they are masters of their fate, they are frequently given to understand that fate will inevitably master them, thus weakening the entire structure that has been built for their possible achievements, dwarfing their ambitions, and wrecking them on the rocks of uncertainty.

Old age is registered in our bodies because of a faltering outlook. It expresses nothing but surrender and defeat. It indicates a loss of power in a very literal sense. Youth, health, and success have actually to be gripped by the individual before they can be realized, and when we lose our grip we lose our steering-wheel.

POSSESSION

It is the man at the helm who guides the ship, and danger is imminent if he loses his initiative to direct its course.

Too frequently while we are dreaming of future achievements, and even during the mapping-out of a glorious career, we are advised to prepare for another world and are assured that our lives are manipulated instead of augmented by a power behind the throne.

We ignorantly fix our gaze upon an allotment of three-score years and ten, and our useful careers are painfully checked by the uncertainty of being permitted to finish our course, never realizing that we are not called upon to relinquish our present environment until we ourselves by unwise or perverted thinking destroy the structure, or because we unfit it for usefulness and therefore release ourselves from it. The bounds which man has placed upon a limited life of three-score years and ten should be removed and our vision extended to an undeterminable period of perpetual youth; which in reality all may enjoy who qualify for such a privilege.

Job was introduced to us at a mature age after his trials were overcome and it is recorded

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that he still continued to live for one hundred and forty years. Abraham, Isaac, Jacob, Moses, and Joshua all furnish examples of longevity, which were not unusual in their time.

Modern suggestion is again picking up the clues to the rejuvenating of the body with successful results—furnishing ample proof that health and vigor on this plane of consciousness can be indefinitely maintained.

XIII

RESPONSIBILITY

THE responsibility of every individual rests primarily upon two things: One is the duty we owe to ourselves, and the other is our obligation to our fellowmen.

In our affiliations with those about us there are many things for which we are directly responsible. We are justified in exerting ourselves to the extent of letting our light so shine that it may illumine another's path, but the privilege is not given us to regulate another's life.

Only by our influence can we stir the right vibrations in our brother's heart. Only by our example can we demonstrate the better way of life. So far as that kind of influence goes we should hold ourselves directly responsible for the acts and deeds of those around us.

Rushing in where angels fear to tread, or riding roughshod over the inclinations of another, frequently defeats the purpose of our endeavor. This procedure often breeds dissension and is calculated to prevent the dis-

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covery of many points of agreement that may be latent in the varied natures with which we are coming in contact.

We can never aid another beyond our power to give and his ability to receive.

It requires special discernment to know just where to draw this line of demarkation, because we are all so likely to question our neighbor's intelligence.

Equanimity and self-control are essential to the establishment of health and of harmonious surroundings, and this composure can be maintained only by fixing our minds upon the fact of eternal life and by a complete emancipation from fear or despondency. A body that is charged with strengthening thoughts and uplifting emotions will present a wholesome appearance.

Relaxation comes largely from an unquestioning knowledge and a settled conviction regarding our sustaining power. When our faith is firm in this assurance the obstacles to harmonious living are speedily removed.

There is a state of mind that places us in touch with the magic influences at work in the Cosmos, and that protects and fosters our well-being; and when our perceptions are quickened

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to a consciousness of these influences the work of building more stately mansions for our souls is soon accomplished.

When every proclamation of our minds is constructive and every emotion of our hearts is righteous, we shall be in a direct line to inherit the Kingdom of Heaven here and now.

“We have the power to strike and hold any key-note at will.”

We have the power to “overcome evil with good” and will suffer no personal or economic losses when our viewpoint of what is right is strengthened and our perceptions are quickened to a better understanding of our God-given capabilities.

With this suggestion put into operation there is nothing to prevent our looking forward to a new era when humanity can chant with Longfellow:

“Beautiful as the songs of mortals
The holy melodies of love arise.”

XIV

RIGHT LIVING

WITH the aid of modern investigation right living can be as easily acquired and transmuted into health and success as an example in mathematics can be followed to an accurate conclusion.

There is a process of thinking that means freedom from anxiety, an adjustment of health and an increase of prosperity for all who are willing to come into rhythm with the higher laws of expression.

Every thought, feeling, or impulse generated by the individual produces a direct, logical effect upon one's physical body, upon one's health, and upon one's economic affairs. Results in any case are determined by one's own initiative.

We have at last uncovered the royal road to health, prosperity, and peace. By rising upon the high tides of spiritual animation, one can master adverse conditions and achieve success along every avenue of endeavor.

Thoughts and emotions are so forceful and

RIGHT LIVING

alive and pregnant that it seems a senseless, cruel thing to misappropriate them.

When we can think and direct ourselves away from discord, unhappiness, illness, and poverty, what a pity that we should indulge in sensations, thoughts, acts, and associations that drive us back to morbid broodings and regrets!

Thoughts that are right will never retard one's progress to efficiency or health. It is the struggle with discordant emotions and influences that brings bodily discomforts and chaos to the mind that allows itself to become a victim to them.

A well-poised temperament never has to wrestle with disease. Despairing acquiescence is not commendable. If one must be bewildered, it is better to be "bewildered with joy" than with despair.

By proper training, it is as easy to find the exquisite harmonies in life as it is to find the discords. Right living is a matter of right perception, of sifting values, of one's ability to separate the wheat from the chaff, and of establishing the right relations with people and events.

A discerning person will not indulge in a

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confusion of thoughts in uncontrolled emotions or an unwise selection of ideas or companions.

Present enlightenment transmutes suffering, discord, and perverted thinking into health, efficiency, and symmetry of expression.

A mind rightly trained will not foster negative moods or amass a collection of disturbing thoughts. One needs to understand that nothing can really harm one except oneself. One's own initiative or susceptibility to undesirable influences determines what is experienced. Cause and effect follow in direct sequence and constitute the law of operation in every achievement.

Constructive thinking generates wholesome results. As the flower presses its roots through the crannied wall, so do we by a process of right thinking and buoyant feeling press on to successful goals.

No obstacles can obstruct one's settled convictions. Every persistent, determined attitude of mind draws to itself the aid of all currents flowing in a similar direction, thus giving force to the momentum of established ideas.

THE ECHO

WHEN thoughts go out on their airy wings
They resolve themselves into living things,
And return to the one who sends them away,
As a bird to its nest at the close of day.

If they are well laden with kindness and love,
They come home to us gently, a blessing to prove.
If from us they carry an offering of peace,
Their echo will reach us, our joys to increase.

If with strength as they go, they bear courage and
power,

A renewal of force will be felt from that hour.

If weakness attaches itself to a word,
Its effect will react; with its source 'twill accord.

Our thoughts are dynamic, their circle's complete,
And every one uttered comes back with wings fleet.
We must guard them with care, and only give flight
To the ones we would welcome again with delight.

From a mind that is wise, comes this potent truth,
By which we may profit in age and in youth;
"Thoughts unexpressed oft-times fall back dead,
God Himself cannot kill them, once they are said."

Our words of love as they onward roll,
Carry comfort and cheer to the longing soul.
Their echo catches the music of thought,
And sends back the message our minds have
wrought.

XV

INDIVIDUALITY

THE world is ill and full of misery because it lacks capacity for the right kind of initiative. It does not know its possibilities and dwells complainingly upon its limitations.

The reactionary power of one's point of view is shown in the smallest events of one's life. Attitude of mind constitutes individuality. We have been told to "look life calmly in the face and go forward fearlessly to the perfection of our tasks." Every musician can play the instrument of his choice, but not every musician can touch the cords of the heart. To be just and fair, to be helpful to others, to be kind and considerate does not imply the surrender of individuality. There is nothing more refreshing than to see a capable man or a capable woman assume leadership. It is said that one-tenth of the people of the world are lifters and nine-tenths are leaners. I believe the reason for this is that individuality is submerged in the nine-tenths.

It is not just, generous, or appreciative to indulge in a form of meekness that expresses

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vacillating weakness or a surrender of one's God-given, life-giving prerogatives.

An orchid with its delicately tinted petals makes many other decorative flowers pale into insignificance, and I believe we shall all agree that we should like to strew the earth with orchids. The man who gives his time to the nurture of orchids needs to know a great deal about the particular nourishment of this flower. No common gardener can promote the growth of anything so sensitively lovely and so exquisitely individual.

No teacher has ever expressed such many-sided individuality as Jesus, and His is the quality of individuality to be emulated.

Since we are able to establish any sort of character we choose, why not make it a character of charm and forcefulness, filled with the Divine radiance of love, charity, and good will, striving so far as possible to follow the example of the "Way Show-er" who came to bless mankind? His utterance was meant to be taken literally when He proclaimed "I am the way, the truth, and the life."

It is a form of weakness to try to endure harassing conditions or to become passive to distressing circumstances or events. In order

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to develop worthily, it is necessary to adopt the right course.

We realize in only a small degree how much our Heavenly Father has to offer, and how generously His gifts are bestowed. We see the growing fields and the waving grain and know that back of them there is something that encourages them to express their own particular designs; but in spite of these examples there is a certain feeling of helplessness in every life. It is true that we of ourselves alone can do nothing, but with the constant assurance of a never-failing support we can go forth to mighty achievements.

Electricity is at hand for our appropriation, water is supplied to quench our thirst, air is charged with a vitality for us to inhale, and mind generously distributes itself for the utility of mankind. Parents come in advance of the children in order to store up wisdom for their benefit, just as Jesus came to pave the way for the promotion of a higher development of civilization. He came to set His principles in motion, and it is evident that he wanted to see them widely circulated through humanity.

The way is shown, the feast is spread over hillside and vale, and everything is thought-

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fully and bounteously prepared for man to come forth and enjoy his heritage.

What a glorious world it would be to live in if each person even in a small degree should express the best there was in him! What a gratification it would undoubtedly be to the Universal Provider to see His ideals shine forth in the man of His creation!

One is not selfish in gratifying the holy aspirations of one's soul or supplying one's body with abundant and proper raiment or nourishment.

One's comely appearance and gladsome radiations go out to bless humanity and justify one's desire to promote a buoyant, wholesome, attractive personality.

Sometimes we are most selfish in trying to efface ourselves; because by this attitude we literally accomplish it and weaken our power to be of service. It is a depressing condition that gives only feeble results.

When one has obliterated the desire for an exalted individuality, and has lost the initiative for noble expression, one has nothing of value left to offer to the world, and there is nothing to be gained by further presence on the scene.

Many persons in their blind struggle

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for endurance—which they mistake for spirituality—lose the essentials for that particular endowment.

It is necessary to appropriate in order to provide. An attenuated viewpoint never advanced the cause of humanity. It has undoubtedly succeeded in generating in men and women negations that rob life of its normal charm.

One instinctively resents that sort of doctrine, and whenever suggestions of that kind are offered it is well to practice the habit of quickly applying the antidote of declaring "I and my Father are one," and "All things are possible to those who believe."

There is something grandly stimulating in these assertions. Attempted "endurance" cannot satisfy, and should give way to some legitimate method for accomplishment. There is a limit to what can be endured: there is a limit to the despairing thoughts one can incorporate into one's life: there is a limit to the amount of foul air one can absorb into one's lungs; but there is no limit to what can be appropriated from the God-power that sustains us, nor to the possibility of eliminating the things that are unwholesome and disturb-

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ing to mind and body. One can appropriate the qualifications for health, happiness, kindness, love, cheerfulness, gladness, a capacity for constructive activity, an optimistic attitude of mind, and a joyous heart; and one can eliminate depression, anger, laziness, worry, bitterness, resentment, remorse, morbidness, and every negative form of thinking; and thus grow into a giant of strength, symmetry, and buoyancy of spirit.

By generating enough radiance to leave a shining trail, the contributions to one's fellow-men are of untold value.

Universal Energy takes no initiative toward the directing of man's individual ideas or pursuits. It merely supports the natural inclinations of his temperament. To man is given dominion. The primal impulse for right living and productive evolution is in his own hands.

Man promotes and God sustains individuality. Life is always preserved; but the quality of life that is personally expressed depends upon the perceptions, emotions, instincts, and temperament of the one in command. No infant is too small and no one too ignorant to come under the head of this analysis.

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This is not the general conception of the compact between God and man, but experience and retrospect prove that it is true.

Individuality in man and individual manifestation in Nature always have and always will express their own particular characteristics. Every temperamental tendency is supported by the Omnipresent Mind. What is expressed in man depends wholly upon his own particular thoughts, impulses, and desires.

God issues no edicts or decrees for individual expression except the decree of cause and effect. If men's habits and pursuits were under the command of a Higher Power there would be no wars or dissensions or inharmony or diseases or imperfections anywhere manifest. The impetus of Divine energy is always in the right direction. Power is generated from on high, and is adequate to the sustaining of any form of individual expression.

Were it not for the clear perception and ingenuity of a Marconi or a Tesla, wireless telegraphy would not be demonstrated for the benefit of mankind, and electricity would not be formed into artistic and useful designs.

Man is compelled to reach out for the things he desires. "Seek and ye shall find,"

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“Knock and it shall be opened unto you” are vital suggestions for personal attainment.

The rainbow in the sky, and the grandeur of the general demonstrations in Nature give one an inkling of the power that is there to be utilized in myriad ways for the benefit and delight of man.

Even the tiny ant must take the initiative in building his little earth castle.

It is an affront to Divine Intelligence to assume—much more to assert—that God is in any way responsible for the horrible deeds of man or the uncomely, diseased, unsymmetrical appearances we behold in the forms of humanity; and it is a compliment to man to recognize his prerogatives in the various achievements wrought from his ingenuity and initiative in applying the life forces.

Our punishments follow our own acts and deeds; they do not come from the wrath of God.

Until man thoroughly understands the nature of the compact between himself and his Creator, he will make little progress in the improvement of his health, his success, or his general achievements in life.

Epictetus reminds us that “if thou wouldst have aught of good, have it from thyself.”

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And his words declare that "no law can be sacred to me but that of my own nature."

Thoreau tells us that "we are all sculptors and painters and our material is in our own flesh and blood and bones. Nobleness begins at once to refine a man's features, and meanness or sensuality to imbrute them."

This is high endorsement of the possibilities for individual achievement.

The old cry, "What shall I do to be saved?" may be supplemented by a keen desire for a better individual manifestation, by appropriating more from the vitality of the elements, by smiling back at the sunshine, and by making oneself sympathetic to all that is uplifting and by being useful wherever possible. To be a live wire, supercharged with energy, intelligence, and buoyancy, implies a correct interpretation and a just appropriation and appreciation of Omnipresent supply. To cease from fretting and repining and to strengthen oneself with some vital interest accelerates the thrill of health. "By their works ye shall know them" gives the key-note to the score of individual perception and accomplishment. There is a way to operate our lives on a constructive plan and we can rest in the assurance that God is at

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the helm and all is right with the world. God does not need or wish our lives to be sacrificed in any way. When we are willing to open a way for the merging of His principles into our lives, we shall enjoy a fuller expression of his benefits and a broader opportunity for usefulness and spiritual attainment.

We do not reflect, we radiate, God's eternal love and sunshine. The following beautiful lines by Evelyn Fenton emphasize our possibilities for incorporating to the extent of our capacity His opulence, His melody, His wisdom, His strength, and His Holiness into our lives:

“By lifting up our eyes
We see Thy promises
Blazoned in the skies;
So we pour out to Thee
A grander praise.
Ope wide the organ
And the music plays
And swells the anthem
Higher—higher still—
Until we merge
In a song of Life
And love Divine
An Angel's heritage—
And yours—and mine.”

THE UPWARD REACH

XVI

POLARIZATION

THE glory of one's life consists in knowing that there is no line of demarkation where one particular existence ends and another begins. There are no limitations anywhere to the possibilities of individual attainment or to the expression of Infinite Mind. Thought and feeling are all we are dealing with on any plane of consciousness, and they are permanent and unlimited qualifications to individual expression. We do not need to go anywhere nor to strip ourselves of our material surroundings in order to think what we choose or to project our thoughts into space. We need only to turn our minds toward the things we desire and by a certain co-operative spirit make the connection with them.

Thoughts find their affinities regardless of distance, and commingle just as drops of water in the ocean blend. Every force in Nature joins its affinity wherever it exists. The magnet always attracts the steel. The essential thing is to see that our magnets are

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right, and that we are polarized to attract the things that we are seeking. We should see to it that our powers of attraction are true to the quality of manifestation we desire. We frequently think one thing and anticipate another. We express hate and offer criticism, expecting to attract love. We live vague, idle, negative, or disturbed lives, and would like to enjoy health, peace, and prosperity. It is not by wishing that the magnet attracts the steel. It is having the right polarity which gives it its drawing power; and this illustration serves as a key to the entire operation of Nature's laws. Establishing the right polarity to our interests, our desires, and our ambitions enhances the probability of their attainment.

By our habitual temperamental attitudes of mind we set up vibrations that make their connections with every other mind that is tuned to the same key. Ideas to which we are not receptive can never be thrust upon us, nor can they in any way affect us. The power that another possesses to injure us is no stronger than the power we yield to him. In myriad ways we are making daily connections with other minds that are tuned to our rhythms, thereby—whether for good or ill—stimulating

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our own temperamental tendencies. In other words, we affiliate with or experience only the things with which we are in some way sympathetic. We cannot avoid making our connections with the things we harbor in thought. Calamities may come through a receptive attitude of mind which breeds contagion or they may come through fear or worry or anxiety. The antidote is to eliminate from our minds all that we do not actually care to behold and experience. By the law of our nature, we stimulate the conditions we become anxious about. Anxiety of any kind, to the degree we harbor it, breeds disturbance.

Mosquitoes do not alight on some people, because there is no aggravated attitude of mind to encourage the insect to gravitate to that particular person—that is, he does not have that active antagonism that rouses the animal to attack. Here we see in miniature the truth of the assertion “The thing he feared hath come upon him.”

It is possible to raise one's buoyant vibrations so that a fly or a microbe cannot cross the border of one's aura. When a top is spinning at high speed, the gyrations are too speedy for a fly or a mosquito to pass through; and the

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same vigorous law holds good through the entire gamut of expression. Buoyant thoughts are protective because their momentum is high.

We may not be thinking directly about being attacked by a particular insect, but our habitual mental attitude provides a magnet for its attraction.

If one is well poised and feeling fit, one is less sensitive to disturbing experiences. Whatever we are susceptible to affects us and becomes a part of us.

Any belief or creed or doctrine that satisfies and lifts one's spirits is good to lean upon in time of trouble. One's point of view determines results. If the thing one relies upon pacifies and soothes, it has untold value in the healing process.

Faith in a medicine, faith in hygiene, faith in a doctor, or faith in mind cure, if it is strong enough, will greatly aid in the establishment of health.

"Thy faith hath made thee whole" is a statement that has ample verification.

By every emotion we warmly feel, and by every thought that is deeply registered upon our minds, we link ourselves to this vibration in others and receive the support of a similar

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co-operative union of forces. Therein lies our strength for our achievement. By this deduction we are able to catch the meaning of universal brotherhood.

The melodious tones of the universe chant their exultant course through Nature's throbbing heart, the oriole carols his mellow notes, the gladness quivers in the ecstatic wings of the thrush and scarlet tanager, and when we understand how to listen for the resonance in Nature and quicken our spiritual insight to its high momentum we shall find no difficulty in blending our voices with the invisible choir of singing angels by whom we are ever surrounded. We shall from our present vantage ground be able to capture the harmonious tones that are projected into the ether from all quarters of our vast heritage. We shall extend our minds into space and communicate with our loved ones on every plane. With finer perceptions and projected sight we shall pass the environments of other spheres and come into direct accord with every sound, every voice, and every mind with which we are in tune.

Love is the human center of gravity that vibrates from the heart to the circumference of the universe and "forms the gateway be-

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tween the spiritual and the natural man"—and, as someone says, "transforms the brute into the divine." That heart which is attuned to love has ample support and need never languish. Each man has been given an exalted individual endowment and sent to earth to make it a bit more sweet.

This being true, how can our mission be accomplished except by a radiation of sunshine in our hearts that dispels gloom, and by stimulating ourselves with the kind of enthusiasm that connects with the benefic influences at work in the Cosmos? These states of mind are necessary to the plane of normal expression. We have work to do and should employ our time in co-operating with, not in obstructing, the universal life-giving currents that enter our consciousness when we open ourselves in receptivity to them. Flexibility of mind to the inflow of God's sublime attributes will promote a more desirable individuality and establish a more worthy manifestation. By allowing more enlightenment, more love, and more peace to flow through us from the Divine Intelligence, by permitting these qualities to merge themselves into our being, we more clearly express the intentions of the

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Infinite Mind. Individuality is the lever that determines what shall be expressed and brought to fruition from the great Source of Omnipresent supply. Take the place and attitude which belongs to you, and all things in Nature acquiesce.

The stars that twinkle in the milky way operate with more certainty than man, and make a better display of their endowments than many of the other forms of creation, yet man is blessed with greater benefits than any other manifestation of life. He is launched into existence equipped and reinforced for mighty deeds, and it is unfortunate that he so often fails to recognize his power.

The mellow notes from out the vasty deep will flow through us in unbroken melody when we tune ourselves to the sweet cadences of life's ecstatic thrills. We rise or fall with the action of our own momentum.

Languor or joy is a rhythm we voluntarily establish and promote, and the echo of our true selves is carried through the halls of our being to every cell and molecule that dwells within us.

We are told that the music of a people is intended to be heard only in the country that

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gave it birth; and we know the reason for this is because it would be appreciated only by the temperaments from which it originated.

One cannot keep in rhythm with anything that is not a normal counterpart of oneself. Morbid thoughts bring us into the presence of morbid people and depressing events. The cheerful clan gathers to itself those who are beating to its own particular cadence.

There is no fatigue where enthusiasm carries one along on its wave. It is only when the emotions begin to sag that the heart is depressed. The antidote is buoyancy of spirit.

There are sounds and musical tones constantly floating on the summer air, but unless we are polarized to hear them we do not enjoy their melody.

Musicians swell their own chorus, but their anthems are only appreciated by those whose voices are tuned to the same resonance.

Christ was unique in His ability to polarize His thinking so that He could at all times secure mathematical results. He was able to recognize the virtue in every soul, to hear the rhythmic tones in Nature's symphony, and to understand at all times how to speak with assurance and to keep the enthusiasm of youth

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beating in His heart. He thought and expressed in miraculous terms the forcefulness of thought power. He healed the sick by the laying on of hands, and by the right direction of mind and an understanding of the life forces accomplished miracles. His thoughts were always stimulating and always directed into proper channels.

His example was given to inspire us to days of new beginnings, fresh resolves, and an increase of power. He was always receptive to the higher laws of life and blended His life into the harmonious life of the Great Provider. He lived in the present and dwelt in the possibilities of the day that He was passing through, believing that when yesterday has gone, all the sorrows may be lost in the deep shadows of the night.

Songs and the open air are splendid remedies for heartaches, sorrows, and anxieties, and faith in the sustaining power of Omnipresent Intelligence points the way to perfect peace.

The warm glow of enthusiasm, optimism, and contentment is a force that adds to the promotion of health and success.

The world is filled with disease and discomfort because of the perplexities that

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come as a result of discordant, uncontrolled thought vibrations.

Humanity has not sufficiently recovered from its war spirit to be well polarized or normal in its point of view.

The work of reconstruction is retarded by the obnoxious thought waves that surge through space.

We are still allowing ourselves to drift with the currents of discord that were set in motion when the pressure for protection from enemies was at white heat.

We cannot free ourselves from our present fetters until we release the handicaps of materialism and selfish desire and come into harmony with the great working forces of Nature.

We cannot enjoy a well-rounded life filled with the radiance and buoyancy of health and happiness until the spiritual side of our nature is quickened and we allow the light of such an awakening to shine forth through us.

All man requires for the fulfillment of any purpose is to have his inner eyes open to the wondrous working of Divine Intelligence and the marvelous consequences of well-directed thought energy.

We need to carry in our hearts something

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that encourages us to go forth with radiant faces and enthusiastic impulses. This can be accomplished only by a deeper knowledge of the great animating forces of life, and a realization that they are back of us, urging us to greater achievements and a fuller manifestation of our latent endowments.

Emma C. Dowd has given us an illustration of splendid polarization in the following lines:

“ A singer sang a song of cheer,
And the great world listened and smiled;
For he sang the love of a Father dear
And the trust of a little child;
And souls that before had forgotten to pray
Looked up and went singing along the way. ”

XVII

AFFINITIES

CHEMISTRY proves that "the dance of the molecules of water and the dance of the molecules of oil are set to two very different tunes" and are held in equilibrium only by harmonious and characteristic vibrations. They do not mix. So it is with every expression of life. The laws of affinity are so well defined that it is useless to attempt combinations that are not by nature compatible. The laws that govern humanity are as definite as the laws that govern chemistry.

When the edicts for right living are understood and applied, there will be no obstacles to overcome in establishing health and comfortable habitations. When we develop certain characteristics they carry us into definite environments. By the momentum of our own natures we place ourselves in surroundings that are in some way adapted to our temperaments.

One of the essentials in the promotion of every normal expression of our lives is the art of placing ourselves *en rapport* with the

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conditions we desire. This is accomplished by a right mental adjustment to whatever we are seeking.

Visualizing comprehensively what we want, digging out the weeds in our mental gardens, and mapping out a clear conception of our favorite ambitions will place us in a direct line for their achievement.

Mental power and personal action make a strong combination in the work of definite accomplishment and will raise one to any height.

We outgrow one environment as we qualify for another. As we focus our minds a certain way, opportunities multiply in that direction.

Increase is the most insistent law in the operation of Nature. The more we accelerate an idea, the more its leverage is sustained. The more we qualify for certain congenial associates, the more our drawing power is increased in the direction of our desire. If this truth could be driven deep into the mind of the average man or woman, environments would speedily improve and mental discord would be changed into harmony.

When the higher laws of our being are recognized and applied, there will be no ob-

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stacles to our looking "through golden vistas into Heaven."

When our hearts are quickened into the warm and mellow rays of summer skies and our spirits are responsive to the rhythm of youth, all the circumstances and conditions of our lives will reflect the radiant animation we diffuse and draw to us our ideal affiliations.

It is a significant fact and belief that "the basis of happiness is the love of something outside of self." We are all seeking some counterpart to our natures; but in our lack of discriminating judgment and our eagerness to find our true affinities we frequently accept uncongenial substitutes for the special characteristics we desire.

The laws under which Astrology works aid commandingly in the selection of congenial friends and associates.

There are in individuals temperamental habits which are clearly outlined, making it possible to combine in different people tendencies that are compatible.

These laws merely describe but do not circumscribe. And though they do not limit individual temperaments there are certain deductions that can be drawn from one's

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natural inherencies that aid us in the establishing of friendships. According to these principles we have certain marked individual characteristics that indicate to what particular rhythm in the universe we are attuned. Therefore, by a definite process of reasoning we can find our correspondence to the vibrations of Nature and draw definite conclusions that give us an insight into individual tendencies. Because one enters this plane when Jupiter is the ruling star indicates that there are established in one's consciousness certain conditions which correspond to the vibrations of that brilliant planet; and by analyzing the vibrations of Jupiter we become acquainted with the particular rhythm of those who come under his influence. This teaching has proved to be very accurate in gauging temperaments; but temperaments are subject to change, which makes possible exceptions to the rule. Individuality is never circumscribed.

Finding our affinities, not only adds happiness to our lives but protects our health. When we are in the presence of congenial persons, we evolve and display our true endowments, and by appearing to advantage we are

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inwardly at ease, thereby augmenting and promoting an equilibrium that sustains our best efforts.

The vibrations of persons with natural inclinations contrary to our own are sometimes extremely damaging in their influence upon us.

Every individual has a particular atmosphere which is felt as keenly by others as the fragrance of a flower is sensed. If people would group themselves together according to their natural affiliations, and not steadily assemble in uncongenial circles, they would find greater exhilaration and profit in their intercourse.

God is no respecter of persons and has given to everyone in His universe an equal footing; but we are not all working for the same end and are not all interested in the same pursuits or ideas.

Temperaments vary, and the particular inclinations of one person do not always blend well with another's. Water and oil are both useful elements but do not mix, and so it is with different types of people. They are all working under the same fundamental principles, but unless individualities are respected chaos reigns.

Endurance is not necessary when the laws

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of proper adjustment are understood. Unless a spirit of tolerance and the love that passeth understanding have entered our natures, it is better to seek our natural affinities and thereby eliminate much of needless friction in our own lives and in the lives of others.

When we have established within ourselves certain harmonious conditions of mind, we can make our adjustments more accurately and easily with many varieties of people and events. When we understand the higher laws which are incorporated in our being and know how to draw out the best in others, we are less at a disadvantage in any assembly and better qualified to dwell in peace with our neighbors; although characteristic individual expression, if worthy, should never be discouraged, nor limited by uncongenial associates or disturbing atmospheres.

PRINCIPLES OF GROWTH

XVIII

CAUSE AND EFFECT

THE reason we fail to receive satisfactory answers to many of our life problems is because we do not understand that we are dealing with fixed laws instead of with changeable people. The universal law of cause and effect constantly places us in the positions we occupy and compels every condition we experience. We throw a stone into the air, and it falls to earth; we send a wireless message out into the broad ether, and it is captured by every receiving station that is in tune with the dispatching instrument; we arrange our telephone wires according to a particular system, and are able to hear a voice from an unknown and extreme distance.

With the same accuracy and inevitability our health or our success depends upon the initial impetus that is set in motion. Every emotion, thought, or feeling we strongly indulge makes an impression upon our health and circumstances. There is a correspondence in each individual to every condition

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that is experienced. Anger, for instance, is heating to the blood; sorrow, grief, anxiety, or jealousy depresses the heart; worry, if prolonged, affects the kidneys. Nervous tension, accompanied by certain anxieties—which perhaps justify righteous indignation; pride that demands vindication and that develops tense feelings; critical states of mind and disturbed emotions react upon the system in physical discomforts. Sometimes these cause bodily obstructions that require to be operated upon by a surgeon or removed by reversing the thought currents into normal grooves. This is a more permanent relief and carries out the injunction “Be ye temperate in all things.”

All disturbing thoughts or emotions that are concealed, clung to, and hidden away in the heart of the individual sooner or later undermine his health. Paul’s thorn in the flesh must have weakened his effectiveness.

The ability to turn away from or to dissipate enervating thoughts will bring its reward in a wholesome, useful body.

The pathway to bodily comfort is through a garden of thought that is strewn with the flowers of content, restful emotions, love, courage, faith, hope, and charity.

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Humanity is ill from the gangrene of un-Godlike emotions and desires. It is depressed in mind and body because it has strayed too far away from the literal teachings of the Master who came to earth to point the way to emancipation from disease and suffering.

His methods may be generally incorporated into the lives of the multitudes for the uplifting of mankind. "These things and even greater can he do" was a literal injunction seriously given, and permits no doubt as to its true meaning.

Lightsome moods bring lithesome bodies, and by the same law of cause and effect our bodies grow weary with the weight of depressing sensations.

Every thought we send out into the universe mingles and affiliates with every similar thought that is vibrating anywhere in space. That is why one cannot safely indulge in any form of abnormal thinking or emotion without injury to oneself. A thought not only has an immediate effect upon one's body, but carries with it the weight of its corresponding wave of depression in others, which makes it in creasingly difficult to cope with.

Under this law it is not safe to harbor any

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negative disturbing impressions. By so doing we are harmed by linking ourselves to corresponding vibrations that oppress us still more. We connect ourselves with and swell the currents that are flowing in the direction of our own minds.

The reason it is sometimes difficult to shake off a depressing thought is because when we have established it in our consciousness, by so doing we have set up our standard and connected ourselves with the thought waves that are moving in that direction, thereby increasing the volume of our own theme. It is not wise for us to attach ourselves to currents of thought or emotion on which we do not wish to be carried along.

With whatever we are by nature affiliated, we make our connection; not merely by wishing it into our possession, but by linking ourselves to its theme. In other words, we polarize ourselves to its particular rhythm. By indulging our own special characteristics, we connect with their affinities. This is an operative law that can always be relied upon. We are capable of lighting with love the spots in life that once were dark. This is God's great gift to man; but with it comes a large

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responsibility, for "that which man possesses also possesses him." This being true, how necessary it is to establish at all times whatever we wish to stimulate into being!

There is no camouflage in our dealings with Nature's laws. Effect follows cause as surely as the night the day. Our penalties come from our own initiative and we fix the status of our own punishments.

Our true records are compiled by every thought, deed, and impulse of our lives, and we must settle for the items in Nature's entry book. The body shifts with every warm impulse that is fanned into a glow, and health is sustained only by the force of steadying thoughts and life-giving emotions.

When we have reason to believe that life is treating us badly, it is advisable to focus the limelight upon our inner consciousness and find out what we are doing to checkmate our own endeavors. When we allow discords to creep into our minds, it indicates that we are out of tune and have lost our connection with the sustaining harmonies of the universe.

In whatever direction we turn our attention and our energy we achieve results after its kind. The trend of our daily thinking

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and of our temperaments determines what we express. Uncomfortable conditions may be brought about through our own emotions or through our susceptibility to the minds or radiations of others. To the degree that we are influenced by any person or any suggestion, we come under his or its decrees. Whatever we give ourselves over to, by that we are claimed. We do not need to dwell in atmospheres that are depressing or to absorb the miasma from other minds.

Contagion can be accounted for by one's sensitiveness to the thought influences which foster the production of microbes.

Perverted thinking leaves its trace on all who yield to it. We vibrate with that to which we surrender and link ourselves to the rhythms with which we are in tune. Discrimination in thinking is necessary for the accomplishment of health, prosperity, or happiness. One cannot always afford to absorb another's mood or to incorporate another's suggestions. If one is particular about representing one's own individuality, it is not wise to follow too closely the advice of another or to enter into his tempestuous, discordant moods. Many persons suffer because they

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cannot brace themselves against or protect themselves from the storm centers that gather in the minds of others to which they are susceptible. We represent our true selves by the way we appear and the way we fashion our bodies. Every line in the contours of the face and the body expresses the quality of thought and emotion that is playing within the individual.

Tendencies toward over-indulgence in food or drink, or to mental intemperance of any kind—be it anger or vice, despondency or fear—mark their characteristic traces upon the physical structure.

When our personal atmosphere is attuned to the key of wholesome enthusiasm and buoyancy of spirit, we are in less danger of being drawn into the disturbing currents of thought that are surging about us and the suggestions that are offered on every hand. If you would "seek your soul's freedom, break all fetters of sin, evil, and discontent, and bask in the sunshine of a loving heart." Every impulse of our lives is "shaped in blood" and should be tempered by wisdom.

"Let thy soul be joyful in the Lord, and ye shall rejoice in His salvation."

XIX

REACTION

PERSONS who are addicted to uncontrolled emotions have difficult conflicts ahead. Our emotions immediately connect with their corresponding affinities, and with them we feel the force of an accelerated impetus which carries us along on its wave, bringing a strong reaction to our original impulse. This is why it is troublesome to banish a depressing thought. It grips us harder with every indulgence. Thoughts go out in flashes from individual minds and leap into bigger flames as they come in contact with similar sparks from other minds, and they grow in a geometrical not a mathematical ratio.

We are privileged to think and to act as we choose; but in every instance we pay the price of our own initiative. The reaction we feel is determined by the way we make our original moves.

It is therefore obvious that by operating our lives on a constructive basis we place ourselves in a position to be carried along on the

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buoyant waves with which we affiliate. We need not know in advance where our connections with success or health are to be completed. It is not necessary to concern ourselves in the least as to who will aid us in carrying out our projects. All we need to do is to set our thoughts in motion, and the law of attraction will take its course and connect us with the currents of activity with which we are by temperament identified. Thoughts gravitate to their rightful places and link themselves to their inescapable alliances.

One cannot grieve or worry or give way to the impulse of uncontrolled, unwholesome broodings or self-commiseration, without feeling the reaction of a strong corresponding stimulus to such an indulgence. Our success is achieved through our consciousness of and co-operation with constructive thought waves.

One cannot acquire the habit of negative thinking without joining the ranks of minds that are moving in a similar direction, thereby suffering the reaction that such an impetus compels.

When the laws that govern our lives are understood, and when we connect with the currents that are flowing in the direction of our

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particular inclinations, there is no danger of our being defeated in our purposes. We may all place ourselves in a position to succeed in whatever we choose to undertake. When we live according to certain established principles, each day brings new ambitions, new achievements, and renewed vigor to put into the success and happiness of other days. By squaring ourselves with our ideals and by making the right adjustments to universal laws the way is paved to satisfactory achievements and there are no obstacles left to overcome.

The reason some people have few difficult problems to solve is because they know how to connect with certain constructive, buoyant, optimistic thought waves. Their general selection of ideas and manner of expression insulate them against uncomfortable experiences. They have no natural affiliations with minds that are out of tune. Because their own momentum is right and there is nothing in them to correspond to discord or defeat they do not surrender to it. All that is offensive or distasteful is allowed to languish for want of attention. Associations are established by one's own initiative and one's indi-

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vidual qualifications. This makes us directly responsible for our achievements and our experiences. Such an attitude does not involve selfishness; it only expresses a knowledge of certain protective laws. Because someone in a household chooses to generate discord is no reason why we should pollute our minds with it or that it should be thrust into everyone's mentality all along the line.

A certain discrimination in the use of our thoughts and temperamental forces binds us to the right affinities. By holding tenaciously to a certain quality of thinking and deportment, friends and associates of the right sort automatically appear. When one has set the mind in order and started one's emotions and acts in a certain direction the laws of affiliation carry us on to the objective relationships. There are no particular adjustments to overcome, and no obstacles to progress or satisfaction when the higher laws of life are understood and applied. Someone has suggested that "if there is nothing said or thought that is disagreeable or discomforting, there is no argument"—and there is no boomerang.

Living is a true art that can be acquired.

Love is a test of our development and of

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our nearness to our Creator. There are no disturbing experiences to react upon a loving, generous, buoyant heart, or upon a temperament that is able to put up the bars against outside influences of a depressing character.

A SECRET

THERE is a secret we may learn,
By which our souls expand and grow.
It brings a peace sublime and deep—
'Tis just the power of letting go.

Let go of trouble, care, and strife,
While in your heart the love-tides flow.
With joy renew the cells of life;
Bid anguish flee—just let it go.

To feel the presence of God's love,
The thrill of heart and mind aglow;
To know the freedom of your soul,
Release the tensions—let them go.

When thoughts are bound and in a groove,
And clouds look threatening below,
Lean firmly on the breast of God;
His love sustains where'er we go.

XX

LEVERAGE

IT IS a well known fact in dynamics that "power increases with attenuation." The statement is something to ponder over and to incorporate into our conscious use of thought power.

Since thought is the leverage upon which we depend for every accomplishment of our lives; since we all know the direct effect of our moods upon our successes, failures, and health; since it is our point of view that hampers or inspires our happiness; and since it is our feelings about things and our daily emotions that strike at our very vitals, why are we blind enough to believe that there are any other mysterious forces that can influence our health or our career, our experiences or our destiny?

Why should we be called upon to deal with mysteries in the evolution of our lives? What advantage is there to be gained by being surrounded with unknown quantities about which we are forever ignorant and yet with which we are vitally concerned? The fact is,

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there are no unknowable factors governing our lives and our development on any plane of expression.

There can be no progress in our evolutions through space until we know exactly with what power we are dealing. So long as we dwell in ignorance of our exact propelling power, we shall make no progress in our demonstration of our high privileges. In order to achieve success as sculptor or artist, we must know how to wield our implements. In order to be well, we must know the exact laws which govern our health and persistently apply them. Health does not respond to guess work. It can be realized only through a knowledge and application of the principles which govern it; just as the answers to our geometrical problems yield to the one who knows and applies the rules. The laws that govern our well-being are just as accurate as examples in mathematics. It is all a matter of tuning ourselves to the harmonies of life, of familiarizing ourselves with the governing laws of our being, and of putting what we know into daily practice.

A splendid gauge for determining health is to set the mind to a certain rhythm, and to keep the emotions beating to the even, quiet,

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steady impetus of a desirable momentum; not permitting them to fluctuate with every sudden impulse that seizes upon one. To be calm in adversity; to be buoyant in spirit; to have the ability to steady our nerves when disappointed hopes, bitter experiences, and obstacles to our cherished aims confront us, implies a true understanding of our inherent capabilities and an absolute faith in the powers that be.

It was the faith of Jesus that enabled Him to give out His inspiring message to a skeptical, doubting, despairing people. It was a knowledge of His prerogatives that gave Him power to speak the word that lifted the load from weary souls and to bring them back to a consciousness of their worthiness.

It was a wise comprehension of His power that gave Jesus the ability to eliminate prejudice and with a clear perception to strike the chord of harmony and justice and love and nobleness that beats in every heart; and it was confidence in the supreme power at His command that allowed Him to eliminate worry, anger, and jealousy, and to judge with tolerance those who were passing through the Gethsemane of life.

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These were the accomplishments that determined His real worth.

He realized that when a man is down he needs aid—not condemnation. He knew to the full the power of a sunny presence, of an encouraging word, of a little wholesome praise, and of extending a hand of sympathy to those who were climbing up through adversity, heart longings, and discouragements to cherished goals. He understood the great eternal kinship of souls and knew that every man has in him the same potentialities that exist in all, and that it was His privilege to help him to unfold his finest latent possibilities.

We haven't begun to live until we have let the impersonal love of God so flood our souls that our presence reflects and radiates the same love that throbbed in the great heart of the Master. He knew and illustrated the fact that until men begin to live in harmony with God's perfect laws they cannot establish health or know the power and joy of co-operation with the Master Mind. The dominant notes of discord that have rung through humanity have blocked its way to great achievement. Self-aggrandizement; power through material accumulations; aggressive dominance over the

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weak; the I-am-holier-than-thou spirit; vindication of one's particular premise, no matter how narrow or unjust it may be; criticism of another's weakness or ignorance; intolerance of ideas which may not conform with one's preconceived standards; and idle gossip which is suicidal to the growth and development of a struggling soul, or to the welfare of a community these are some of the restrictions which hamper our way to lofty attainments, happiness, and health.

Until the entire gamut of our motives and desires is properly attuned no one individual can fully enjoy the harmonies of the universal theme. We are so firmly welded to the whole process of expression that it cannot resolve itself into singleness of purpose. We can only preserve a worthy individuality when we are inclusive in our point of view. It is easy enough to exclude everyone from our companionship, but it requires a broad-gauged, noble character to be inclusive, to see the virtues in others and to be charitable toward all. This does not mean that we cannot choose our own congenial friends and associates; but it does mean being so full of Divine impersonal love that our good wishes go out to bless

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mankind. If we cannot commend we can at least keep the brunt of unwholesome criticism from finding expression, thereby hampering the progress of others.

If we can rise to higher planes of consciousness it means that we shall be able to incorporate ourselves collectively into a power that will go a long way toward the uplifting and civilizing of mankind, the elimination of war, pests, and offensive insects, which some writers claim take form from the pernicious thoughts and emotions that go out from humanity in a stream of polluting infection from uncontrolled minds and hearts. The microbes of thought are far more dangerous than the small invisible bacteria we can see only by the aid of a strong magnifying glass.

Our emotions and thoughts strike deeper and hit harder than any array of microbes that has ever been discovered. In fact, it is perverted thinking and outlaw emotions that foster germs.

Even the faith of a little child will help to destroy these silent enemies that daily creep into our mentalities and destroy our peace.

COMRADES

God and I are comrades, don't you see!
But it's a secret 'tween you and me;
I find Him always good and mild,
And I love Him, 'cause I am His child.
I don't mind His followin' round all day—
He never bothers anything I play;
And when I'm naughty, cross, or pout,
God says "You go and have it out."
He never tries to nag or boss,
But says "It's your own loss."
You know we think our thoughts are real,
And that's why dollies seem ideal.
I even teach my dolls to pray,
'Cause we don't think they're made of clay.
I have to trust someone, don't you see,
And mother says there's only God and me.

XXI

FULFILLING THE LAW

TO KNOW that man is made in the image and likeness of God and that he has been given dominion over the earth—with endless possibilities for his individual development; to understand that all that is lacking for an immediate utilization of his privileges is for him to learn how to appropriate them; to comprehend that life is eternal and to have a practical, well-defined conception of one's Creator and of one's God-given power will hasten the enjoyment of one's manifold potentialities.

There are exact laws which govern one's being and when these are rightly understood and properly applied they generate the conditions for high individual attainment. God is the intelligent, active, sustaining power of the universe, the great animating impetus to all varieties of manifestation, and the intelligent urge which endlessly sustains the entire operation of the Cosmos. This energy constantly supports every variety of endeavor and every leading of one's temperament.

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Because of the perpetual rotation of the universe, it is safe to assume that we cannot escape from its unending activities. The animation that sustains and encompasses man vibrates ceaselessly through every atom in space, thereby precluding any possibility of stagnation, inertia, disintegration, annihilation, or even a temporary suspension of activities; but how it operates through the individual depends wholly upon the user.

This reasoning points to the conclusion that unless the Cosmic energy is withdrawn nothing can rob the individual of his own inherent power of expression, and nothing can defeat his purpose but his own misuse of the power at his command.

To realize that one is immersed in a sea of eternal life, that this life envelops one as the air one breathes, and that its activities operate incessantly through and about one gives the assurance that there is no possibility of ever losing one's contact with it. This knowledge quickens one's consciousness to the fact of eternal life and to the possibilities of unlimited accomplishment here and now.

Because the process of expression is continuous and the activities of creation perpetu-

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ally vibrate through every atom in space, it implies that we can never escape, nor separate ourselves from the exhilaration of its vibratory impetus.

It is unthinkable that with such a powerful momentum continually operating through and about us we can ever lose our connections with it or sink into oblivion. When this knowledge is established in one's consciousness our faith is supported by a definite fact.

There is nothing in the process of Nature that is permitted to languish or to escape reappropriation. The entire conception is kaleidoscopic in its operation. Every particle of so-called waste is constantly revived and pressed into further service. Even the foulest refuse may be converted into beauty of expression.

There is nothing too offensive to be used for fertilizing purposes, and no electron or molecule is too small to be allotted its place in the general scheme. Reappropriation is the dominant purpose in Nature's endless methods for expression. In the beginning when God made heaven and earth the plan was finished, and it has never been added to or subtracted from or in any way altered.

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Everything in the Divine order of creation constantly moves with the tide of its abounding activity.

Because of man's prerogatives he may wilfully or ignorantly misuse the life forces, but by so doing he becomes a victim to the penalty that follows violation of the Divine intent and of the implied Divine command. Unless harmony and order and love and righteousness shall prevail, chaos will reign, proving man's power either wisely to apply or foolishly to pervert the energy he is given. If God's laws were enforced in man, or if he were deprived of individual expression there would exist no adverse conditions to overcome. If God's principles operated in and not through the will of the individual, it is obvious that the privileges given to man could never be abused. This is the price man pays for his liberty and dominion.

Human concepts and a common kind of individual assertion are the basic causes of suffering. Man as an individual can, if he chooses, link himself so firmly to the harmonies of life that he will be carried along on rhythmic currents away from grating discords. When there is nothing left in the individual to correspond with evil or anxiety or foreboding

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or disease, liberation from such encounters will be assured. In order to detach ourselves from the harassing influences of depression, we must literally be too pure to behold iniquity. So long as there is anything in one's consciousness to correspond to evil, its appearance will continue.

When constructive thinking becomes a fixed habit and one's mind has braced itself with the right leavening power, ill health and adversity will disappear.

The native trend of universal energy is constructive; and it is only because man, through his own volition, hazards a perversion of this energy, that he suffers. Nature always seeks to make the right adjustments.

To study Nature's laws and thus discover how to co-operate in a constructive beneficial way with the life forces at work in the Cosmos will enable one to elevate the plane of individual expression.

A large part of the suffering of humanity comes from fear, worry, depression, anger, malice, susceptibility to negative influences, and ignorance of one's inherent possessibilities. Through a better understanding of the Creator's methods we can eliminate these

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causes of failure. When the strings of the harp of life vibrate in harmony there can be no discord. Nothing can interfere with the progressive development of a well-tuned, loving nature. For one's constant protection it is as necessary to turn the thoughts into friendly, optimistic channels as it is for the flower to turn to the sun for its warmth and glow. To allow the impersonal love that flows from the fountain of life to flood the soul and permeate one's being will radiate sunshine wherever one goes and diffuse its warmth and brightness into the hearts of others. A sunny disposition is a safe protection from many disturbing conditions. A loving heart safeguards one from enemies; it insulates one against harm, and carries one triumphantly along on the currents of harmonious expression.

Ignorance, discord, revenge, jealousy, selfishness, and an inclination to float down the stream of life as a cork upon the water, are all damaging in their effect upon health, success, and happiness. To become merely passive to the urge of expression is harmful also, as this permits the passing currents of unrest that are going out from untrained minds and uncontrolled emotions and are vibrating through the

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ether to take possession of one's negative moods. Positive constructive thinking is at all times necessary for the generating of health or prosperity. Quick antidotes are sometimes necessary when one has been poisoned by the environments of those discords to which one is susceptible.

We should value too highly our physical bodies to subject them to destructive thought waves or to expose them to atmospheres that are damaging to their usefulness.

Many disturbing experiences occur which call for immediate action in reversing the current of our thoughts or emotions; and the one who is expert at this process of insulation will brace himself against the breakers of adversity and discouragement that beat with persistent fury upon every life.

To incorporate in all one's dealings a correct estimate of right and wrong, to have a keen sense of justice, to cultivate an abiding spirit of joy, to be tolerant with ignorance, to have power through repose, and to have confidence in one's ability to master fate by keeping "in tune with the Infinite," will enable one to move along in harmony upon the rhythmic currents of life.

FULFILLING THE LAW

When the abounding joy, radiance, and wisdom of the Creative Mind are permitted to spring up within us, they give the incentive and ability to shape our daily activities so that we may not only achieve the success and acquire the health we are seeking, but that we may exhibit characteristics that will enable us to shed a radiant influence over our environments and glorify the earth with our presence.

Permitting the life forces to flow through us in a steady stream of uplifting thoughts will not only stabilize our health and promote individual accomplishment, but it will cause an inspiring impetus in others.

When the essence of God's love and intelligence penetrates our consciousness as fragrance permeates a flower, our lives are quickened into expressions of health, efficiency, youth, wholesomeness, and serenity.

Love is the bridge that leads to the fulfillment of God's promises and it separates man from the "grasp of self."

"Be ye transformed by the renewing of your mind." Be ye wise and temperate in all things; benevolent in heart, and ever mindful that God is love, and love is the fulfilling of the law.

XXII

UNITY OF PURPOSE

THE principle of Nature always expresses unity of purpose. One fundamental law governs the entire operation of the Universe.

Flowers, birds, animals, minerals, and all forms of expression on this plane come under the dominion of the universal law of intelligent control. There is no mystery regarding the operation of any form of expression. Everything follows the same fundamental rule, and all life is brought to manifestation by one underlying operative principle—the principle of mind and its various ramifications. In every particular form of expression, however, conditions must be right. The operating laws will serve their purpose only where the instruments are perfectly adjusted, and arranged to harmonize with the demonstrating principle.

The transmitter of a telephone must be made in a certain way in order to conduct the voice vibrations; to insure the conveying of a message the wireless instrument contains certain materials which must be accurately

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adjusted; a generator is built for the express purpose of producing the current; and physical bodies require certain organic substances in order to be of service to the spirits that inhabit them.

Discriminating intelligence accompanies God's gifts of life; so that man is equipped with the power of discretion in his choice of environment and body-building materials.

All the individualized spiritual forces require their own particular substances for their characteristic manifestations, and none of them will accept counterfeits for their specific needs.

Electricity will not flow through rubber; a telephone message cannot be received over an instrument made of asbestos; and the spirit will not express itself in a body composed of cotton bolls. As electricity energizes the field of the generator, so thought energizes the organs of the body; but in each instance the composition must be right in order to allow a proper functioning of the animating force.

Each spirit operates through its own chemical affinity in order to efficiently demonstrate its individuality.

Man's dominion does not permit him to alter the universal laws of harmony, but

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does give him a wide range from which to select whatever he requires for his own particular form of expression.

When Jesus said that one could handle any deadly thing or eat poison and it would not hurt him, He merely wished to make it plain that the spirit was indestructible; but He did not say that one could fill the body with iron filings or sawdust and yet retain it as a vehicle of locomotion. The spirit can never be destroyed; it is permanently alive, and it cannot be harmed by contact with any foreign substance; but the temple which it occupies will be dissolved unless some suitable material is furnished to correspond with the necessity of individual expression and body-building.

The laws of harmony must always be preserved in the blending of spiritual and of so-called material substance.

There is no record of Jesus' taking foreign substances—pebbles, metal, or poison—into His system in order to demonstrate His power over matter. He fed the multitude with loaves and fishes, but He did not leave any illustrations of trying to cope with ground glass or poisonous drugs. This does not lessen the power of the spirit, nor its ability to manifest

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itself, but it does give us the opportunity to utilize, discriminate, and arrange the materials for expression in an orderly and proper sequence, the study of which furnishes diversion and employment to the human race and a field for instinct to all other forms of manifestation.

Man is thus afforded a pleasing pursuit in his process of growth and unfoldment.

It is of absorbing interest to the gardener, to the electrician, to the chemist, and to every bit of life energy, to arrange in harmonious order the ingredients that are given for the manifestation of life and its various degrees of expression.

Life is not a test for endurance. It is operated by the laws of elimination and attraction. This principle is better understood by all lower forms of creation than it is by man.

Spirit re-stocks and refreshes itself with spiritual affinities, and makes its connection with the material world through the same law. One must seek refreshment of mind in spiritual inspiration, and material replenishment is accomplished by utilizing the substances which are compatible with temperament and congenial relationships. There must always be a unity of purpose between the two.

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By His submission to the Cross, Jesus demonstrated that He laid no stress upon the value of His physical body. He wanted the world to know that His spirit was indestructible and could perpetuate itself through eternity, but He realized that humanity was too much bound up in the material. He undoubtedly wished to demonstrate the absolute freedom of the spirit. Knowing that He could form another body or return to earth at will, it did not disturb Him to depart from it.

There is a natural body and there is a spiritual body, and Jesus was referring entirely to the spiritual body when the much quoted statements—which are baffling to many minds—were uttered.

There is no limit to the joy and beauty that can be evolved from the material in the universe; and no monotony will ever occur in appropriating and combining the elements and ingredients presented to us for our absorption and transmutation. Man will go on endlessly expressing his inherencies and find continued delight in utilizing and displaying the various combinations that reside in latent energy.

XXIII

KEEPING IN TUNE

WHEN one is in tune with the rhythmic pulsations of life, its passage is as soothing as the lapping of silver water in the woodland brook.

God is in and through all space, sustaining us at every step on our journey, anticipating every desire of our hearts, supplying all our needs, protecting us in all we do, and arranging for a comfortable, joyous, educative journey through His beautiful kingdom.

To feel upon our cheeks the evening breeze is akin to feeling in our hearts God's brooding love: just that near are we to His protecting presence. Someone has summed up happiness as "a great and lasting uplifting of the soul." Knowing this, how easy it should be for us to live in a glad exultation of spirit! We have a superb backing and should rely with confidence upon our support. Our foundation justifies the erection of large enterprises and the elimination of any anticipation of weakness in the human structure.

"When heaven for all is given away, and

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God may be had for the asking," there should be no obstacles to our forward progress. The trouble with humanity is that it does not claim or appropriate much that is placed at its disposal.

We do not freely co-operate with the universal plan which has been so masterfully arranged for our benefit and constant use.

In other words we do not "let God through." We do not tune ourselves to His rhythm, dwell in His harmonies, and move with the throbbing pulse of His unceasing activities. We may keep step with human desires, influences, and ambitions if we choose, but in so doing we are frequently out of step with the Divine intent. We should at all times be in accord with the direction of the momentum of the universe.

Love is not generated by thinking about love, but by the daily cultivation of loving thoughts. Strength is not acquired nor health produced by repeating the words which denote their meaning. Both are obtained through the encouragement of normal, optimistic, wholesome ideas, rhythmic emotions, and constructive activities. They are dependent upon strengthening beliefs and harmonious pur-

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suits; upon getting away from self and casting off the old fetters of fear and discouragement and replacing them with a confiding faith in the Omnipresence of good and a reliance on God's ability and willingness to answer our prayers. This is practical and practicable.

There is nothing less theoretical than the power to utilize electricity for propelling purposes, than the operation of the wireless telegraph, than the demonstration of the telephone which has annihilated space in the intercommunication of the world, or than a confident knowledge that it is mind activity that operates through every manifestation of physical life.

One may shatter the wireless instrument, destroy the telephone receiver, damage the machine so that it cannot generate a current of electricity just as one may expel one's soul from the body and unfit it for usefulness; but this does not in any way diminish the power of the wireless principle, the ability to make the telephone respond to another receiver or prevent electricity from being utilized over and over again. Nor does it interfere in the least with the expression of the soul. The *reality* of our being is *permanent*.

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None of the active principles of the universe are ever destroyed by being severed from the various agencies through which they operate.

The materials which compose the vehicles that are utilized by the various forms of expression are all accounted for and returned again to Mother Earth when released by the power which invigorates them. The energy which operated and exhilarated them is always in readiness to serve again. All the animating elements of life are organized to be re-apporportioned when a dissolution of their vestments of utility occurs.

Light is not destroyed when it is turned out of a room; when air leaves the lungs it is still air; when electricity ceases to flow through a machine it is not lost, nor is spirit less capable of action when it has severed its connection with the physical body.

The fundamental principles of the universe are always working, and the Mind with which we are affiliated is the animating impetus to the entire operation. Without mind the world would be void, and without mind the body is lifeless—proving that mind activity is the motor power of the whole structure.

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This premise is the only accurate method of making living an art, and is the only reliable solution for our problems.

If we are living with an uncertainty as to how our bodies are going to attack us, we are never sure of our assets; but when we know that mind is the propelling power and that the body shifts with our moods we have a definite, changeless principle upon which to rely.

The fact is that mind is such a powerful agent that when the force of it is turned in the wrong direction it is not always easy to shift it back into harmonious grooves. Our emotions are sometimes too persistently and strongly stirred by the wrong impetus to right themselves promptly. "Be ye perfect even as your Father in Heaven is perfect" is an injunction that is difficult at times to carry into effect. We do not realize the necessity of controlling our thoughts, nor of keeping our temperamental impulses moving in the right direction; nor do we understand the harm inflicted by the indulgence of careless moods.

Hate, revenge, criticism, worry, jealousy, anger, and all forms of negative emotions react upon one's system. Criticism is one of the quickest and most painful agents for body-

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destroying. "Forgive them, for they know not what they do" and "Love your enemies" are statements that could be worked to advantage into mottoes and hung up conspicuously in every home.

More people are crushed to death every year by venomous tongues, unruly tempers, and a spirit of unintentional censorship than are destroyed in any other way.

We are too barbarous in our instincts to be healthy and happy.

The plagues that invariably follow in the wake of wars are all born of the fighting spirit that is let loose upon the world.

When we understand the principles with which we are really dealing, we shall know that there is a power that is mightier than the force of arms; and when the great world problems confront us we shall resort to it without loss of time or anguish of heart.

Thoughts are contagious and far more dangerous than microbes. We need have no fear of the little enemies that can only be seen through powerful magnifiers when our thoughts have become too pure to behold iniquity. . It is the infection we absorb from minds, not from germs, that promotes the inharmony we

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experience. One might challenge this statement with the suggestion that one was not thinking about disease when attacked by illness—and that might be true; but there was undoubtedly fear or anxiety or discord of some kind lurking in the mind, lowering one's vibrations and disturbing the emotions, or the morbid condition could not have materialized.

Merely thinking about health, or asserting "I am well," has very little influence in establishing the fact.

Dwelling in a harmonious attitude of mind, loving one's neighbor, having faith in one's Creator that establishes confidence and eliminates fear are nothing more or less than keeping in tune. Freedom from worry, anger, criticism and jealousy, and depression replaced by a buoyant heart and an optimistic outlook, will eliminate disease.

In gauging workers in the field of present-day enlightenment along this line of research, it is well to center one's mind on the principles of life rather than on the manifestations of the individual, and it is wise to practice a spirit of tolerance. Trigonometry is not found in the curriculum of the kindergarten, and we are all in the early stage of the development of our

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subject. Even meager results should be applauded and all criticism suspended. If we could only once thoroughly understand the significance of the injunction "Judge not that ye be not judged," and should stand in awe of the conclusion in the next verse, we would all be more cautious and charitable in our opinions.

If the problems in hand are so baffling or disturbing that they temporarily blind one to the truths of being, there are many efficient practitioners or healers who think constructively and who are able to lead one across the shadows into the sunshine of a brighter environment. It isn't always necessary or efficacious to do one's work alone. "Bear ye one another's burdens" is still incumbent on the willing follower. There are times when it is difficult to concentrate upon the optimistic side of life; to bend our energies toward the things we are really seeking. At such times one is justified in turning to the ministering angels who walk near us in human guise and who can be relied upon to carry on their mission of love.

To call upon a good practitioner in whom one has confidence in the hour of need—one who is not arrogant, self-assertive or self-

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seeking—is to get “a very present help in time of trouble.”

Enough demonstrations have been successfully given to the world to assure us that our premise is correct; and if we can follow the rules suggested, harmony will surely manifest itself in our daily experiences and in the progression of our lives. “Like begets like” all along the line and is a good maxim to incorporate into our daily schedule for right living.

No part of the operating principle of life is ever destroyed, but one can bunco oneself into trying experiences by the wrong direction of one’s mental and emotional nature.

We are all expressing our true selves and cannot in any respect camouflage the real character of our various temperaments. The smallest infant has emotions that are quickly discerned by those in attendance; and it is the temperament that gauges our health, circumstances, influences, personal attraction, and our place in the world of affairs.

EVERY DAY

WHATEVER you know to be lovely,
Whatever there is of good—
Center your thoughts upon it
And use it for daily food.

Hold your mind always open
For the message you fain would receive;
Keep it in tune and magnetic
To the best your heart would achieve.

Harbor no fear or depression,
They are tramps that will lodge in your brain;
And for every attention you give them
Will reward you only with pain.

Call on your mind for new courage,
Give to yourself new wealth,
Make use of the powers you are given
For happiness, liberty, health.

Let every act be a kind one,
Fill each heart with your smile;
It is only through love and sunshine
That living is made worth while.

REALIZATION

XXIV

PERPETUAL YOUTH

"WE are born to succeed,
We shall have what we need
If we only believe in our strength."

WITH the searchlight of modern reasoning focused on scientific discoveries and on the truths we have inherited from the world's great leaders; with prejudices dislodged from their moorings; with the elements of Nature surrendering to the genius of man; and with invisible forces operating under the direction of his magic touch, the urge is upon us to realize our own inherent possibilities and to adopt those instinctive means whereby we may grip the life forces in a way that will overcome the obstacles to our enjoyment of perpetual youth.

When these obstacles are removed and we can map out our future life and destiny with an assurance that we are indestructible factors in the never-ending pulsations of life, we shall begin to feel at home and comfortable in our earthly surroundings. Because we are a part of the eternal plan of creation, containing

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potentialities for continuous growth and improvement, it is safe to assume that we may place our possessions where they will contribute most to our comfort and prepare to enjoy indefinitely our chosen environment.

Scientific research has made it plain that our present habitation may be as delightful and enduring an abiding-place as we choose to make it. It gives us tangible reasons to believe that we may feel perfectly at home in this particular phase of our existence and continue to dwell in the youthful enjoyment of our earthly surroundings so long as we qualify for such a privilege by co-operating with God's harmonious plan.

We are at the mercy of no conditions that are not self-imposed; therefore we may determine at any point in our journey the stability, permanency, and character of our present habitation.

It is necessary however for us to consult our specifications, and build according to the harmonious activities of universal law, if our lives are to be properly stimulated and our physical structures are to serve us in more than a temporary capacity.

Man is so organized that he is allowed to

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move along easily with the pendulum of life, so that no friction need be felt to disturb his equilibrium; but he must first learn something regarding the principles that control his being that he may affiliate with them. He must become acquainted with his propelling power, understand how to maintain a perfect mental and temperamental equilibrium, and know what to supply for the replenishing of his physical structure in order to express a normal buoyancy and sustain in youthful appearance the dwelling he occupies.

The body, being renewed daily by fresh building materials, can be rejuvenated and retained indefinitely. It is constructed on perpetuating lines, and is so ordered that, under the right direction of mind and impetus of temperament, there is no limit to its length of occupancy or restriction to its usefulness. Man is the pilot of his ship, and is given the liberty to direct it wherever he desires and to carry whatever cargo he wishes. The human machine is the only vehicle under constant renewal that is plastic to the play of one's mind and one's changing moods. Our daily food gives continued freshening to the entire physical structure, and with proper

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care our bodies need never wear out. When one has learned to secure a normal control over one's mind, there is no difficulty in acquiring the resiliency of childhood and enjoying an unlimited lease of habitation on this plane of consciousness. There are no barriers to the perpetual manifestations of youth. The rules for adjusting one's life to the rhythm of buoyant health are as rigid as the rules in mathematics. One cannot juggle indiscriminately with the life forces, or give way to hasty emotions, and obtain beneficial results.

Science has proved that everything would be thrown out of balance if one element of mind or one grain of sand should utterly disappear. The scales are so finely adjusted that in order to maintain a perfect balance in the endless rotation of life every particle of energy must at all times be accounted for. This makes it obvious that we have only to learn what relation we bear to the Divine plan to secure a particular result from the never-ending supply of life energy.

It is possible for man continually to replenish himself mentally and physically from the life-giving currents that are constantly flowing through space.

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Man gives way to emotions and established mental images that either promote or retard his physical well-being, and he selects his conditions for body-building according to his own temperamental designs. The results achieved are always dependent upon the qualities of thought, feeling, and choice of ideas that are indulged.

God has not taken upon Himself the responsibility of forming one's appearance, of arranging one's pursuits, or of limiting one's specific term of years on any plane. Self-expression is incorporated in the volition given to man. It is a glorious conception, allowing to all varieties of manifestation a broad field for individuality; but it also involves large obligations.

Ample power has been given to man for the completion of any project he may conceive. He is so organized that he has the privilege of drawing his own designs and cannot escape accountability for the results achieved.

Every man is to a certain degree the architect and the arbiter of his circumstances, his appearance, and his destiny, sometimes qualified by his susceptibility to external influences. Supply is generated for the use of man, the builder. When this truth is realized it en-

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courages one to begin the work of constructive thinking. To comprehend our capacity for self-adjustment makes it easier to reach our goal. Ugly phantoms of thought speedily disappear before minds that recognize the value of mental imagery and the advantage of promoting agreeable impulses and impressions.

Every thought and emotion indulged by the individual forms itself into the plastic clay of one's body. There is absolutely no independent initiative in the physical process of body-building. We are daily moulding our temples from the patterns we form through our habitual moods. All phases of manifestation are primarily wrought into appearance through the urge of instinct or of temperament.

Anxious and disturbing thoughts and uncontrolled emotions are the vibrations that distort the physical body and consequently register old age. In our appearance we each of us accurately represent our true selves.

By a proper direction of our emotional natures we can build our appearance into whatever likeness we choose. We represent ourselves exactly as we are, and not as we might like to be. "A man is what he thinks and not what he thinks he is."

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The registering of old age comes to us because we have lost our mental buoyancy and have surrendered to unromantic conditions. It signifies defeated purpose. There is no one who would willingly and wittingly yield to the conditions imposed by old age. Romance and a certain enthusiasm are as necessary to the sustaining of youth as is air to the lungs. There are many ways to extract from life its charms. They may be captured through certain forms of literature, through the pageants of Nature as they pass, and through many other sources that stimulate the imagination. Romance should be kept alive in the soul by the constant employment of suggestions that promote buoyancy of heart.

The play of a fertile imagination will often furnish ample food for such excitation.

A woman once stated to a friend that when she was particularly inclined to certain romantic moods she turned for her inspiration to the poet Thomas Moore.

"But," asked the listener, "isn't Thomas Moore dead?"

"Oh, yes; Thomas Moore died in 1852," was the reply; "but his literature still lives; and I have learned to impersonate in fancy

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every beautiful romantic character he has ever described.”

There are many attitudes of mind that one can indulge in order to foster the expression of youth. Anything that stimulates the mind in the direction of our purpose will accomplish the desire.

God sheds His radiance through “spacious skies, through amber waves of grain, through purple mountain majesties—above the fruited plain,” and we all may draw from the Omnipresent supply whatever our natures crave. There is no reason why we cannot enjoy indefinitely health, youth, success, and contentment on our present plane of existence. We need never link ourselves to any quality of thought or experience with which we do not wish to become identified.

In contemplating and applying the laws which govern life, it should ever be borne in mind that it is the temperament or individuality of each person, plus his satisfied cravings, which gauges the standard of his experiences and his physical appearance. Our habitual emotions and temperamental inclinations are the loom upon which we weave our appearance and our destiny. There is nothing to prevent

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those who understand the compact between God and the individual from correcting undesirable tendencies and expressing whatever design they wish to stamp upon the plastic clay of the body.

Methuselah was nine hundred and sixty-nine years of age when he departed from this life, thus giving reasonable proof that his point of view and habits of living were normal, and that he understood the principles of perpetual youth.

We have unending right to youth, health, and efficiency, and we have it in our power to establish secret treaties with ourselves for the necessary adjustments.

The downcast temperament and the dreary outlook have small chance of capturing the formula for extended youth. Youth is a condition which responds to cheerfulness, buoyancy of heart, optimism, and unbounded faith in the renewing power of mind.

Flora Bigelow Guest tells us that unless our brains are paralyzed we should be able to control our thoughts the same as we control our arms and legs: that we should be able to put these thoughts aside like clothes for which we have no immediate use.

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Tranquillity of heart, right thinking, and confidence in the sustaining power of the Creative Mind are the keynotes to vigor and consistent progression.

So long as the "Great Intelligent" urge is working for our benefit we need never feel discouraged nor handicapped. Our supply is sure and never-ending. With such assurance, there are no obstacles to the constant rejuvenating process of our lives and to the perpetual enjoyment of youthful enthusiasms.

Tagore tells us that "it will be necessary for us to cast off our age and repeatedly shed our limits on oblivion and death until we realize our immortal youth; we must ever refresh our individual life by merging ourselves time after time in the universal life; we must follow the 'eternal rhythm' and 'touch the fundamental unity at every step.' We cannot go blindly along our way, losing the purpose of our existence. We shall be obliged to meet the frequent experiences of passing out of our careworn bodies, until we learn our lesson of perpetual youth."

TRANSFIGURATION

**With spring awakening in the fields
Let youth be renewed in our hearts—
Adding the charm which this blessing yields
To the beauty and grace it imparts.**

**Beneath the cold Autumn and Winter of age
Let love warm our hearts into Spring,
With the touch of young life given back to the sage
What a rare combination 'twill bring!**

**As buds open out with sunshine and showers,
Let our souls burst once more into song,
Transfiguring earth into heavenly bowers
With that unity for which we long.**

XXV

HEAVEN

MANY persons and many sects have given to heaven the character of a place, rather than of a condition or state of being which is everywhere controlled by harmonious vibrations. The fact is, we are living at the center of life now. Man may observe the higher laws of his being wherever he is. Where harmony reigns, God's principles are being applied and the impetus of life is right. Conditions for right living are merely a matter of individual adjustment to the higher laws of the universe. When we are in rhythm with the highest vibratory action of life, we are expressing on this plane all that can be expressed anywhere. All that can ever be achieved is possible here and now. It is only a matter of an awakened consciousness to the facts of creation and the right knowledge and utilization of the power at our command. A capacity for this awakening is our permanent endowment. There are no lines of demarkation between earth and heaven, no partitions erected anywhere in space, ex-

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cept the contrasting lines of good and evil. The physical body never hampers our realization of God's benefits. There is no place outside of our consciousness where external conditions form a spiritual paradise. Where we are placed in the revolutions of time and what we experience are determined by our particular method of reasoning and our attitude of mind. Immortality accompanies every state of being, and universal life is expressed in every quarter of the Cosmos.

"God is love," "Love is harmony," and wherever these vibrations prevail, there shall we find our peace. God gives richly all things to enjoy through every phase of our existence, and if we do not profit by His bounty we are affronting His generosity and impugning His intelligence.

In His vast kingdom there are no partialities shown, no particular sections favored. Fair dealing is the key-note in Nature's symphony. Everyone is given an equal opportunity, wherever he may be, to raise himself to an exalted station and keep in rhythm with the harmonies of life. This is accomplished by the leverage of ideas or emotions that sway the individual. God's benefits are everywhere

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present and may be claimed by all to any extent on any plane of consciousness. When one is able to qualify for these benefits and to understand the laws of their appropriation, there are no barriers to happiness or progress along any line. All the forces at work in the Cosmos belong to the open plan and can become effective anywhere, at any time. We need only to learn how to co-operate with them in order to achieve specific results.

The trouble with the world today is that it does not utilize for profitable desires the strength that comes from universal energy, but rather permits itself to spend this precious strength on the destructive emotions of fear, worry, anger, criticism, vengeance, and greed, with a general disturbance of equilibrium, and thus we pay an exorbitant tax for the privilege of indulging our negative moods. Any thought or feeling which unduly agitates the individual or disturbs the proper mental poise is damaging in its effect.

Right living and right thinking, and a wise control over the emotions, will place one in touch with the Omnipotent forces of life which generate ideal conditions for happiness, prosperity, health, and advancement along any

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line, and aid us to achieve our worthy ambitions. These forces illumine our path on any plane of progression.

In order to glorify our existence and bring ourselves into closer union with the beneficent influences at work in the Cosmos, we need to weed out the tares in our gardens of thought and eradicate all undesirable impulses. In all our dealings with our fellowmen it is wise to promote a true spirit of kindness and reciprocity. Unfortunately, the scales of give and take are not always evenly balanced.

By indulging any particular attitude of mind or heart, we unite ourselves to the currents of life that flow in the direction of our own initiative. That is, we link ourselves to the chain of sensations that are vibrating to our own particular rhythm, and in this way receive the support of an ever-present co-operative power. We relate ourselves to places and circumstances by the trend of our own natural inclinations and temperaments. Through this method, it is easy to understand how possible it will be to dwell in our anticipated Paradise here and now when harmonious vibrations are established in the individual and in our communities. The restrictions for

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such a privilege are a matter of mental adjustment. It is a universal privilege that does not belong to any stated time or place. The only qualification required for reaching the Eternal City of Peace is the art of conforming to certain fixed universal laws.

In studying the principles of life, and in their application, it is well to remember that energy is diffused within the individual according to his spontaneous habits of thought and impulse. These habits are strengthened by immediate contact with their affinities. We are seldom conscious of the fact that every thought or emotion we indulge is intensified by linking itself to similar thought waves that have been set in motion by corresponding temperaments.

Mental telepathy has amply illustrated this fact. It operates through one's susceptibility to the impressions that are flashing from one affinity to another and which all who are in tune with the suggestion are able to capture.

Heaven is established wherever the right adjustments to cosmic laws are made. When we grow into fellowship with certain environments we have qualified for the privilege of dwelling there. We may at any time join the

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immortal chorus of singing angels when our minds and voices harmonize with their ecstatic theme.

Man has the capacity to draw to himself from the latent powers of the universe all that he is able to attract through his own magnetic attributes of mind and heart. Through his moods, impulses, beliefs, and ideas he establishes conditions with which he is by nature affiliated. If he fosters and promotes sensual, materialistic tendencies he cannot avoid the reflex action of such an indulgence.

Man is given dominion over his thoughts and impulses, and God gives him the where-withal to gratify his most exalted desires. The correspondence to every aspiration of the soul is waiting to respond and to co-operate with the will of man. He may profit by the use of every force in Nature and all that he requires for his health, his welfare, and his advancement along any line is waiting for immediate appropriation. Every force in the universe is good: electricity is good, steam is good, and the power which is generated for man to utilize in thought and action is good; but all known forces, can be operated to the corruption of good and to the perversion of

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right if these forces are wrongly applied or if the goal set is blameworthy. In every waking hour our equipment is at hand for the completion of our tasks. Nature brings to fruition whatever is decreed in characteristic individual conception. Our designs are wrought out in our minds and the seeds are there sown for a later harvest. A consciousness of this fact will lead to a closer scrutiny of our daily thoughts, feelings, and actions. When we recognize it in its full significance, we can see that some persons are winning success and happiness, attracting friends, love, health, and wealth, and others are grappling with sickness and adversity. While some enjoy success, others are checkmating themselves into failure, and so on through the entire gamut of human ambitions and pursuits.

The quality of the thoughts, emotions, and inclinations that are beating their tunes in every cell and organ in the body and extending their vibrations out into the ether is the magnet that attracts after its kind. Our habitual moods and attitudes of mind determine the position we occupy in the world of affairs and generate the conditions which govern our state of being and our relations with our fellowmen.

HEAVEN

Many reforms are needed before we are privileged to enter the Utopian realm. Many incarnations may be necessary before we reach the Promised Land, but these detours are not necessary when we become cognizant of our privileges and understand how to operate our propelling power.

When we cease to look forward to some other form of existence for a release from our anxieties and cares, when we know that nothing separates us from our own, and when we perceive that the conditions for enriching our lives are at hand the mystery of life will be solved and our journey heavenward will be shortened.

God's love spreads over all the universe, and we cannot lose our touch with it except as we shut it out of our hearts. Its warmth and glow bathes the entire firmament with its luster, lending beauty and charm and radiance to Nature and sunshine to every heart that is susceptible to its influence. To dwell with the everpresent thought of Eternal life removes the obstacles of fear and anxiety and develops a desirable tranquillity of mind.

When our perspective is right and when love penetrates deep into our hearts we discover that every plane is equipped for generat-

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ing ideal conditions. The part of our nature that thinks and knows and feels and acts and directs our course is the constant manipulator of the life forces.

Our inmost souls, our minds, and our emotions are the real factors in us that express eternal life, that mould the plastic clay of our bodies, and that form the conditions for personal manifestation and accomplishment. Our mental passports carry us wherever our particular temperamental characteristics direct and are good for all eternity. There are no insurmountable obstacles to the immediate fulfillment of God's promises; no mystery in modern reasoning concerning mind and its power for accomplishment. We may enter Paradise here and now. Because the main stream of life flows through us and sustains us at all times with every vital necessity of our being, it is obvious that there are no reserved sections for a higher development and no limitations to our progress on any planet or in any realm. Our advancement is entirely dependent upon our recognition of our latent capabilities. Our capacity to plan and to accomplish great achievements increases as our perceptions are quickened to our present

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potentialities and to the spiritual realities of our being. When we have a comprehending conception of our endowments we can utilize them to advantage all along life's journey through space.

There is one vast, uniform, indestructible operation continually in process with which we are closely and eternally allied.

When our minds are clarified and the débris of fear, ignorance, and doubt is removed and our hearts are cheered with the glow of human kindness we shall not be tempted to look away from our present vantage ground to find an alluring region of permanent bliss. Blooming gardens, luxurious bowers, flower scented air, moonlit streams, warbling birds, and every desire of a romantic imagination may be fully enjoyed in our earth environment.

In viewing life from its various angles, we are too apt to focus the wrong end of the telescope upon our mental vistas to get a correct perspective. God's presence permeates the entire universe. A generous provision for all His creatures extends through every realm of expression.

Our interests are not neglected or overlooked during our earth journey. There is no

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place in the entire Cosmos where the God-mind is not ceaselessly active in our behalf. His love and wisdom sustain the smallest atom in space.

• A discerning mind will find its equipment for continued progress on every plane. It relieves the tensions by which we have so long been bound to know that our advancement to a higher degree of development may begin at once.

It gives us fresh courage to know that we may project our minds into space and connect with the dear ones that are dwelling in any part of God's vast domain.

Modern research has left no room for doubt concerning our ability to sense the presence of those who have passed out of their physical bodies.

We are all a part of the open plan, permanently equipped with every facility for congenial and unlimited companionships of our own selection and for the perpetual enjoyment of our high endowments.

It is a poor incentive for our immediate progress to believe that all of life's fairest experiences lie far beyond our present reach; that every effort to enjoy them now is futile,

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and that we are here marooned on a planet which separates us from our permanent inheritance, where the real benefits of Omnipotence are indefinitely withheld. Such claims are discouraging to our lofty ambitions and tax our patience and our credulity unnecessarily.

Such decrees do not conform to logical reasoning, and promote an unrest that is incompatible with the harmonious order of life.

Glittering anticipations of a glorious future, in some vague, distant locality in space, have dimmed our vision to our present possibilities.

To believe that we are here and now endowed with every faculty and equipment for the development and enrichment of our lives; to understand that we are on a revolving planet able to catch the glory of the firmament as we travel along through space, and to know that we are indestructible factors in the moving panorama of life, is thrilling enough to sustain our most exalted anticipations.

Let us rouse ourselves from our earth slumber and rejoice in the stimulating realization that life's mystery is revealed in the conscious knowledge that mind is the sovereign power in man and that the kingdom of Heaven is within.

THE HEAVENLY WAY

**Out of the darkness of the night
I move toward a beckoning goal.
I follow trails of heavenly light
That shed warm luster o'er my soul.**

**I travel through a world of song
Where gladness ripples in the brooks
That through the meadows course along
And point the way to fairest nooks.**

**My corridors of mind and heart
Are radiant with illumined hope.
Since God is faithful in His part
Why should I long in shadows grope?**

**My star of faith has risen above,
My star of trust is glistening bright,
My life immersed in His dear love
Is filled with peace and pure delight.**

XXVI

LOVE'S MIRACLE

WHEN this miracle of loving one's neighbor as one's self has been accomplished, no other miracle will be necessary in order to demonstrate humanity's comprehension of the principles set forth in the teachings of Jesus.

According to the law of this miracle our neighbor's attitude of mind toward us has no bearing whatever upon our proper treatment of him. Our responsibility ends with our own deportment. Turning the other cheek does not in any way imply a justification for retaliation.

The rules for right conduct are adequately presented in the Bible, and are worthy of application. We have tried giving pound for pound but it has not proved a successful balancing of the scales.

All it has done to humanity is to embitter the hearts of the nations, and leave a discouraging condition of ill will, disaster, plagues, trying ailments to be overcome, and racial hatreds that still endure.

Peace cannot be permanently established

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without tolerance and good will, and the kind that has resulted from the arbitrament of war is a poor camouflage for what we are really seeking. This sort of settlement is far from the ideas and principles incorporated in the teaching and example of the Way Show-er. Without love there is no mercy and without mercy there is no forgiveness and without forgiveness there is no God-like qualities expressed in the heart of mankind.

“Love your enemies” and “Do unto others as you would be done by” in no legitimate way justify the modern interpretation, “Do others before they do you.”

The warlike spirit is a menace to civilization, and it can never be overcome until someone is brave enough to come to the front with a determination to mobilize an army strong enough to proclaim peace on earth, through good will toward men.

While the world is struggling for its equilibrium the opportunity is at hand for pioneers like Columbus to lead the way—even through mutiny—to the undiscovered land of universal fellowship. To be in harmony with life compels harmony with one another, and this is our goal.

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One of our modern writers affirms that "the state of the system is so much affected by one's condition of mind that, if mortals knew this truth, all sweet and harmonious things, all words, all loving thoughts would be sustained and the expression or existence of a word of discord or of antagonism would be guarded against as constantly as we protect ourselves against poison."

When we know impersonal love, we shall know the greatest gift that God has offered to man. When we know buoyancy of heart and can greet the morning with a smile, we shall know happiness. These two incorporated with charity will pave the way for our enjoyment of the essential truths of being and resolve the facts of right living into a very tangible equation. Obstacles to our well-being will be permanently removed and we shall go on our way rejoicing.

Pour love and faith enough into one's consciousness, and infirmities are healed and zeal is quickened. There are many who reach out too far in their efforts to find God; who do not realize just how the connection with His eternal truths is made. When we call forth God-like attributes and when we open

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our hearts to the inflow of His universal benefits, we press the button that withdraws these benefits from their source. When we permit the God-currents to flow through us in streams of tender thoughts we can build our lives more surely and perfectly into the likeness and image of Him who came to show us the way.

The Creator's mind is in and through all space, sustaining us at every step of our journey, anticipating every longing of our hearts, supplying all our needs, protecting us, and arranging for a peaceful, comfortable journey through His beautiful kingdom. Heaven is within, beneath, around us; and all we need for a realization of this mighty fact is a proper adjustment of our temperaments. We shall then dwell forever amid life's invigorating harmonies.

Nature with her intrinsic love and tenderness has opened the way for a high degree of individual attainment.

From the Supreme Intelligence, the perpetual source of omnipresent activity, comes every expression of life. All that God has is ours, and every force in the universe is here for the appropriation and free distribution of man.

To know that love's golden-tipped arrows

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of mercy and justice and forbearance and not man's iron swords of greed and barbarity and pain are falling around us and penetrating the hearts of rich and poor alike, does indeed make all the world akin. Love flashes its glowing rays through every section of the universe, and fans into flame the warmth and glow that is latent in every heart. To bask in its sunny rays dispels the somber impressions of gloom and lifts our spirits to normal levels. When each heart is mellowed with the softening influence of love, and each drop of blood is enriched with the vitamins of tender, uplifting thoughts, the entire human structure will respond in health and strength and efficiency.

Repose is the outcome of love's soothing influence. Love does not know fear. It breeds a contentment and a satisfaction of heart and mind that passeth understanding. It admits of no wrangling that poisons the heart, and fosters no mood that does not contribute to the peace of all mankind.

No other power can bring such restful repose, such charm of individuality, or such radiance into a home or a community.

By the levitation of love we are taken on flights of joy and delight that only the fairy

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sprites which follow in its train can comprehend. To be miserly with love is to withhold the greatest gift God has to bestow. How hard it is to endure rebuffs from those we care for!

The exhilaration that comes from our buoyancy of heart lifts us into a veritable paradise of happiness and links us with the eternal glories and radiant influences of its charmed environments.

To dwell in impersonal love and to incorporate it into our daily lives signifies that we are moving with the tides of the great miracles of life.

Love has healing in its wings and a way of revealing itself in splendors that the eye cannot behold without its illuminating guidance.

The mantle of understanding sympathy and cheerfulness that is placed around a patient by the tender touch of a solicitous nurse or practitioner has magic healing in its folds.

Illness signifies that love, faith, and gladness have been withheld somewhere along the line of individual experience.

Many mothers neutralize their adoration by so much anxiety and lack of confidence and

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pessimistic forebodings that it is frequently overpowered with fear and apprehension, thereby dimming its radiance and interfering with the welfare of the child.

Jesus healed by the laying on of loving hands. His tolerance and omission of criticism and condemnation, His faith in eternal life, and His confident optimism charged the atmosphere about Him with normal healthful vibrations.

The pictures of the Christ, that are hung in so many galleries and churches abroad, present Him with a glowing aura, emblematic of His radiant mind and heart.

By our bright, happy, loving emanations we increase the luster of our auras and give to ourselves part, at least, of the same effulgence and healing power that glowed forth from the heart of the Master.

There is nothing to prevent our charging ourselves with these Divine qualities of heart and mind, thereby radiating resplendent beams of warmth and sunshine for others to bask in and enjoy.

We have too frequently substituted the passion of greed for the true quality of love. Human sentiment too often is perverted inter-

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est and is determined to claim the object of its desire in terms of possession. We greedily draw to ourselves and in a miserly fashion claim the one upon whom our affections are set, thus robbing life of its liberty and charm.

This tendency, that is too frequently expressed in human relationships, has no bearing whatever on the vital signification of enduring attachments.

Love has a quality that yields far more than it demands. The more we truly care for another the more unselfish we become; and this is the element that was so mercifully expressed by the great heart of our Saviour. What He advocated and exemplified had no degree of selfishness in it. He was concerned for their welfare and not for his own glory.

It is the song of tenderness on a mother's lips which soothes her babe to slumber.

It is the quality of our devotion that determines our friendships, and it is the depth of our affections that moulds our environments.

We breathe more freely in the presence of those who care for us. When love reigns supreme in our hearts we are inspired to noble acts and worthy deeds.

Love responds to the happiness in other

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hearts and shares the sorrows of those about us. Without this expression of life the present has no exhilaration and the future has no optimistic promise.

When Love leads the way we see heaven reflected in the moonbeams, we sense the soothing influences of the gentle zephyrs and hear with charm the mellow notes from spring warblers and robins' throats. All life is mysteriously sweet when this emanation from the Divine guides us through earth's labyrinth of shifting scenes and winding maze.

It is an influence that stirs our hearts to tender sympathies and connects us with the mystic charms that life affords.

The world's mind is filled with dreams—dreams of love and springtime and flowers and the singing of happy birds, and lo these dreams come true in the awakening buds, and we behold with rapture the manifestations of life's unfoldment. Because love rejoices and proclaims itself king, it issues forth to visible expression throughout Nature's world of song and beauty.

Does the heart of humanity keep step with this majestic unfolding of Nature? Does its dream actually come true, and if not, what is

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the reason? Is it because love is deprived of its rightful place in the hearts of men? Does the mind of man really sense the fact that not one of the manifestations of life is born into visibility except through the avenue of love?

The Bible tells us that God is Love, and that Love is the fulfilling of the law. Herein lies the key to the mystery of life. With this assurance our work of regeneration should be speedy and effective. It is apparent that when the mission of love is fulfilled, wars, sickness, and disturbance of mind will be overcome and death will be swallowed up in victory—the kind of victory that has a permanent setting.

We are advised in terms that all may understand to overcome evil with good, to love our enemies, and to forgive those who spitefully use us. If this is our work and there is no escape from it, why do we not begin at once to form kindergarten classes for such accomplishment?

The entire secret of healing can be summed up in the one word—love. When the currents of love are flowing through us disease is washed away.

As night disappears before the dawn, so

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discord under love's direction is converted into harmony. "All life is melody when we touch the chords rightly."

Love's presence banishes fear, anxiety, and any particular disturbance of mind. Love is generous and kind; it does not attempt to vindicate itself and is not puffed up with pride.

To sum it up, this vital force in Nature is the greatest power in all creation and should be accepted literally as the rightful ruler of the world and its suggestions steadfastly observed.

Convert hate into tolerance, greed into generosity, jealousy into sympathy, worry into faith, anger into righteous judgment, deceit into frankness, harsh criticism into tolerance, and what have we left to fear or to disturb our peace of mind?

In their results wars can never bring to the world a deep sense of abiding justice and lasting peace. The energy expended in fighting if converted into friendliness and good will would speedily bring to this green earth the looked-for millennium when heaven shall reign upon earth.

We need no other bond than this bond of good will to weld humanity's mutual interests into a chain of fellowship; and we need no other

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release from the tensions the world is seething under to-day than the release from greed, censorious criticisms, anger, and revenge.

Love is the High Priest of all creation, and we should pave a gilded way for His re-entrance into the world and with reverent ceremony proclaim Him sovereign over mankind.

Now is the appointed time for the spirit of Jesus to return to earth and call on us to fulfill the great mission He taught us how to perform. Now is the time to show our appreciation of His example and precepts by putting them into practice all along the line. It will be worth the centuries He has waited to see His methods accepted literally if at last humanity is aroused to the commanding significance of His example and His mighty words. Life's mystery is clearly revealed in His teachings and the adoption of His principles will lead us out of the dark wilderness of despair and doubt into the realms of confidence and security.

Love alone can bring a close companionship with our Creator, who grants to all His followers the princely gifts of His celestial kingdom. When we touch the chords of sympathy in humanity's throngs we draw all hearts to us.

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When we allow ourselves to be led by this monarch of happiness, serenely we wend our way along. With our visions quickened and our hearts aglow from love's elixir, we shall have no difficulty in finding our way to the bridge that spans the river between the finite and the infinite.

ASPIRATION

THE God of Love a-wooing went.
To carry out Divine intent
He offered himself at every door
That opened to his sweet implore.

He wandered far, with untired feet
Seeking the place where love might meet
The object of its high desire—
A soul that burned with Godlike fire.

In dewy-scented gardens fair
He sought a maiden's soul so rare
That aspiration could be met
In lover's guise, without regret.

Recalling memories of the past,
Back to his home he went at last
Saddened, from earthbound love exiled;
He bowed before Madonna and Child.

